

RESTORED TO HEALTH. THANKS TO PE-RU-NA

Friends Were Alarmed---Advised Change of Climate.

Miss Mildred Keller, 718 13th street, N. W., Washington, D. C., writes:
"I can safely recommend Peruna for catarrh. I had it for years and it would respond to no kind of treatment, or if it did it was only temporary, and on the slightest provocation the trouble would come back.

"I was in such a state that my friends were alarmed about me, and I was advised to leave this climate Then I tries Peruna, and to my great joy found it helped me from the first dose I took, and a few bottles cured me.

"It built up my constitution, I regained my appetite, and I feel that I am perfectly well and strong."—Mildred Keller.

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

Butcher's Hair Was Like Wagner's Wagner, a German folk tale relates became afflicted with headache and determined to have his hair cut. He accordingly arranged with a barber to perform the operation on a certain day. That worthy resolved to make a good thing of it, and accordingly informed all his customers of Wagver's impending sacrifice.

Most of them paid him a certain sum down. To the barber's horror, Mme. Wagner superintended the cutting, and when it was over appropriated the whole of the coveted locks.

The barber, in despair, confessed that he had sold them many times over, whereupon madam suggested that the butcher had hair much like Wagner's.

And the story goes that that night half Dresden slept with the butcher's hair under its pillow.

Knew His Own Yacht.

Truman H. Newberry, the rich young Detroiter who is going to succoed Assistant Secretary Darling, was a member of the Michigan naval militia at the time of the war with Spain. His fine yacht was tendered to the government and was used, and Mr. Newberry himself served as a common sailor on the Yosemite. When President Roosevelt was last in De troit he made a speech in which he cannot say that the story is

true, but they do say that during the Spanish war a common sailor while scrubbing the decks was asked what yacht that was in the distance.

"It's the Dawn," replied the sailor. "'How do you know?' was the "'I know,' said the common sailor, because I own her.'"

LIVING TOO HASTILY **AMERICANWOMENBREAK DOWN**

Irregularities and Female Derange-ments Result - Cured by Lyvia E. Pinkham's Vegetable Compound.

Owing to our mode and manner of living, and the nervous haste of every woman to accomplish just so much each day, it is said that there is not



one woman in twenty-five but what suffers with some derangement of the female organism, and this is the secret

female organism, and this is the secret of so many unhappy homes.

No woman can be amiable, lightheatted and happy, a joy to her husband and children, and perform the duties incumbent upon her, when she is suffering with backache, hendache, nervousness, sleeplessness, bearing, down pains, displacement of the womb, spinal weakness or ovarian troubles.

Irritability and snappy retorts take the place of pleasantness, and all sunshine is driven out of the home, and lives are wiceked by woman's great enemy—womb trouble.

Read this letter:

Read this letter;

Dear Mrs. Finkham:—
"I was troubled for eight years with irregularities which broke down my health and brought on extreme n-revealess and despondency. Lydia E. Pinkham's Vegetable Compound proved to be the only medicine which helped ms. Day by day I improved in health while taking it until I was entirely cured. I can attend to my social and bousehold duties and thoroughly enjoy life once more, as Lydia if. Plaikham's Vegetable Compound has made me a well woman, without an ache or a pain."
—Mrs. Chester Curry, 42 Saratoga Street, East Boston, Mass.

At the first indication of ill health, painful or irregular menetruation,

PARROT SEEMED TO KNOW.

Almost Human. I have always been curious to know whether a parrot attaches any meaning to the words he utters, says a zoophilist. Naturalists tell me he doesn't, but then they also declare that a horse hair left in water doesn't turn into a snake, and everybody who has over been young on a farm knows they're entirely wrong about that. I knew a parrot once in a Mississippi town. He was a low-minded bird who used swear words, but it seemed to me that he knew the meaning of what he sald. One day he sat on a chair on the gallery, watching the antics of half a dozen pups. Somebody threw a ball

to the pups. "Play ball!" screamed Polly. The pups played till one of them ran full tilt into a china berry tree and knocked himself over. Polly laughed. The pups instantly went for the bird. They surrounded his chair and they divested him of his tall feathers. could not help believing that Polly laughed because the pups' mishap amused him, and I know the dogs grinned as they robbed him of his feathers. Also he awore at them with what impressed me at the time as human intelligence of the highest or-

Great Bank Squeezes Pennies The World's Work, in a recent is sue, shows how carefully the First National bank of Chicago looks to its postage account. "Stamped postal

cards are not used, and not one of the thousands of routine letters that are written every day is stamped and sealed until the whole routine mail of the day is assembled in the afternoon. Then all the cards and letters to one correspondent are put in a single envelope, and-except for letters from the officers and the like-the bank comes as near as possible to getting its entire mail carried at 2 cents an ounce, or 1 cent for every posts. card, instead of often paying 2 cents for a quarter of an ounce, as it would have to do if every communication were sealed and stamped separately This little matter of getting full value out of a 2 cent stamp makes a saving of \$25 to \$30 a day.

Rallroads and Progress

In his testimony before the Senate Committee on Interstate Commerce at Washington on May 4, Professor Hugo R. Meyer, of Chicago University, an expert on railroad management, made this statement;

"Let us look at what might have happened if we had heeded the protests of the farmers of New York and Ohio and Pennsylvania (in the seventies when grain from the West began pouring to the Atlantic scabeard; and acted upon the doctrine which the Interstate Commerce Commission has enunciated time and again, that no man may be deprived of the advantages accorning to him by virtue of his geographical position. We could not have west of the Mississippi a population of millions of people who are prosperous and are great consumers. We never should have seen the years when we built 10,000 and 12,000 miles of railway, for there would have been no farmers west of the Mississippi River who could have used the land that would have been opened up by the building of those railways. And, if we had not seen the years when we could build 10,000 and 12,000 miles of railway a year, we should not have to-day, east of the Mississippi, a steel and iron producing centre which is at once the marvel and the despair of Europe, because we could not have built up a steel and Iron industry if there had

been no market for its product. "We could not have in New England a great boot and shoe industry; we could not have in New England a great cotton willing industry; we could not have spread throughout New York and Pennsylvania and Obla manuface turing industries of the most diversifled kinds, because those industries would have no market among the farmers west of the Mississippi River.

"And, while the progress of this country, while the development of the agricultural West of this country, did mean the impairment of the agricultural value east of the Mississippi River that ran up into hundreds of millions of dollars, it meant, incldentally, the building up of great manufacturing industries that added to the value of this land by thousands of millions of dellars, And, gentlemen, these things were not foreseen in the seventies. The statesmen and the pub-He men of this country did not see what part the agricultural development of the West was going to play in the industrial development of the East. And, you may rend the decisions of the Interstate Commerce Commission, from the first to tae last, and what is one of the greatest characteristics of those decisions? The continued inability to see the question in this large way.

"The Interstate Commerce Commission never can see anything more than that the farm land of some farmer is decreasing in value, or, that some man, who has a flour mill with a production of fifty barrels a day, is being crowded out. It never can see that the destruction or impairment of farm values in this place means the building up of farm values in that place, and that that shiffing of values is a necessary incident to the industrial and manufacturing development of this country. And, if we shall give to the Interstate Commerce Commission power to regulate rates, we shall no longer have our rates regulated on the statesmanlike basis on which they have been regulated in the past by the rallway men, who really have been great states-men; who really have been great build-ers of empires; who have had an imagination that rivals the imagination of the greatest poet and of the greatest inventor, and who have operated with a courage and daring that rivals the courage and daring of the greatest military general. But we shall have our rates regulated by a body of civil servants, bureaucrats, whose beset-ting sin the world over, is that they can never grasp a situation in a large way and with the grasp of the statesman; that they never can see the facting they are confronted with a sma; evil; that that evil is relatively and that it cannot be corrected except by the creation of evils and shune which are infinitely greater than the

THE KEYSTONE STATE

Latest News of Pennsylvania Told in Short Order.

At a special meeting of the Mt. Carmel Council an ordinance was passed calling for the completion of the town's sewer system, as a cost of \$150,000.

Amos Witter, a 6-year-old boy, of Reading, was scalded to death by falling backward into a tub of water while play The detention house on the Almshouse

farm will probably be converted into a hospital for consumptives by the Read-ing Society for the Prevention of Tuber-Death separated Mr and Mrs. William Yocum, two aged people of Stouchsburg, in a month. Mr. Yocum was buried four weeks ago and Mrs. Yocum is now dead

from a broken hip sustained three weeks Stepping in front of a fast express train on the Reading Railway at Royers-ford, Antonio Marato, a track laborer, was struck and instantly killed. The unortunate man had given the foreman notice that he was going to leave the work at the end of the week,

The Reading Road Drivers' Associa-tion has decided to offer a purse of \$100 to the first township adjucent to Reading that will improve its highways, under the good roads law.

John Barry, of Clarion, who was run into by a sled load of young people, who were coasting on Fifth Avenue, on March 3, and was severely injured, has brought suit against Marion Switzer, Wilhur Harding and Dale Katz, who were on the sled at the time, claiming

\$2000 damages. Clarence M. Besch, of Philadelphia, whose bid was the lowest for doing the printing for the State for four years. from July 1 next, will be held to his contract by Superintendent of Public Printing Pomercy. Mr. Busch submitted proposal that was adjudged the lowest and the contract was awarded him. Sub sequently the Legislature reduced the number of public documents to be printed by 83,000. Mr. Busch, claiming that he had made the larger number of docu-ments his basis of his bid, protested against being held to the contract. natter was submitted to the Attorney General, and after a conference between the latter, the Governor and Mr. Pome-roy it was decided to notify Mr. Busch that he must do the printing under his bid or forfeit to the next lowest bidder

and pay the difference.

James E. Green, Jr., has made application to the Controller of the Currency at Washington to organize a national bank at York Haven. The bank will

be capitalized at \$50,000.

Mrs. Coyle, of Beaver Brook, is cutting her third set of teeth. They are appearing on both the upper and lower laws, are perfectly formed and are as good and sound as the second set. She lost the latter a number of years ago. Although Mrs. Coyle is aged, nearly 90, he is as lively as a woman of 50 years. Charles Zelisky was sent to jail at Wijkes-Barre charged with breaking the wrist of Isabel Zuras, while dancing. He was two-stepping roughly, if is charged, and bumped into her with such force that the wrist was broken. Her father had him arrested for aggravated assault and battery, and he could not furnish

A blast killed Paciotto Beneditto, an Italian laborer at Christiana. The Italian had crawfed into a large pipe for safety. The explosion did not take place when expected, and he proceeded to investigate, when a flying piece of rock crushed his head.

The first meeting of the Harrisburg Association of Baptist Churches, the ter-ritory including Harrisburg, Steelton, York, Wicomico, Mechanicsburg and Lancaster, was held at Lancaster. These officers were elected: Moderator, Rev. Anderson, Harrisburg; clerk, C. Nissley, Harrisburg; treasurer, D. P. Jerauld, Harrisburg; trustees, Mahlon Evans, Jacob R. Givler and John C. Addresses were made by Rev C. D. Parker, York; H. E. Paull, Steelson; Mrs. Harriet Newal Jones, Philadelphia, and Rev. J. L. Jackson, Gerdelphia,

A fire at the Oliver Powder Mill, Laurel Run, caused an explosion which destroyed the feed mill, the mixer and some smaller buildings, but the thirty-two men employed there escaped in-

City Councils, Allentown, elected Leo-Wise city solicitor and John H. McDermott water commissioner

The Reading school board has refused to accept a report from the Building Committee and instructed it to make a horough investigation of the quality of brick being used in the construction of the \$350,000 boys high school building. The brick is of various shades, it is said, astead of the uniform color specified.

Howard Dunlap was arrested in Reading on a charge of horse stealing, pre-ferred by Wellington Dunlap, of Lan-caster. Dunlap says he took a horse and wagon because he was unable to collect his wages.

An engineer reported to the West Chester Council that the proposed sewer system and disposal plant will probably cost \$100,000. Council will take action in the near future.

Albert Hoskins, of Pottsville, attacked his wife with a sickle and bread knife and then plunged the knife into his own throat. He is in a serious condition at the Pottsville Hospial. The wife-injuries are sligh. Hoskins, it is alleged, also tried o injure his children and

After ringing a physician's office belt, Frederick Hueter, aged 6 oyears, of York, fell dead from an attack of heart failure.

After a strike of less than two days duration, the 300 men and boys employed at the Mary D. Colliery, Tuscarora, returned to work, Superintendent Tindley guaranteeing that in the future the same rate of wages would be paid at that colliery as at the collieries of the Philadelphilphia & Reading Sompany.

A committee of the Alumni Association of Darlington Seminary, appointed to prepare plans for a memorial to Mrs. Darlington, wife of Dr. Richard Darlington, founder of this institution, has decided that the memorial shall be placed in the Chester County Hospital.

The billet mill of four 50-ton furnaces will be put in operation by the Eastern Steel Company, Pottsville, by the middle of July, and the entire rolling mill plant will be operated by October 1.

Mrs. Elizabeth Huff, an aged resident of Morrisville, is dead from burns she received when her clothing caught fire

A fire, supposed to have been started by lightning, burned almost 100 acres of timber in Millereck Township. The fire burned for nearly sixty hours, and was extinguished after a hard fight on the part of the warden and farmers.

Mrs. G. W. Fooks, of Salisbury, Md., wife of G. W. Fooks, Sheriff of Wico



says: "I suffered with kidfor eight years It came on me gradually, 1 =felt tired and short of breuth and was troubled with bloating after

enting, and my nbs were badly swollen. One doctor told me it would finally turn to Bright's lisense. I was laid up at one time for three weeks. I had not taken Doan's Kidney Pills more than three days when the distressing aching across my back disappeared, and I was soon entirely cured."

For sale by all dealers. Price, 50 cents. Foster-Milburn Co., Buffalo, N. Y.

Money Hidden in Books.

Last December an old man known as M. Henri died in the Rue de Patay, Paris. He was known to possess private means, but that they were meager was indicated by his shabbiness and the fact that he lived alone in a single room. When a search of M. Henri's room was made after his death nothing more valuable was found than two shelves of dingy looking books, which were sold, with his few stocks of furpiture, to pay his funeral expenses. When, however, the buyer of the books examined his purchase he discovered to his amazement two volumes of rare value-absolutely unique-for every page of each of them, 820 in all, was a \$25 note of the Bank of England.

ITCHING SCALP HUMOR

Lady Suffered Tortures Until Cured by Cutieura-Scratched Day and Night.

"My scalp was covered with little pim ples and I suffered tortures from the itching. I was scratching all day and night, and I could get no rest. I washed my head with hot water and Culseura Soap and then applied the Cuticura Ointment as a dressing. One box of the ointment and one cake of Cuticura Soan cured me. Newmy head is entirely clear and my hair is recovering splendidly. I have used Cuticura by small figure. The price of the ordinary Shanghal journal is sour cash, or about one-fifth of a cent.

MODERN METHODS OF SPELLING Exchange Tells of Hardships They

Caused One Unfortunate. "Imagine the case of a person who at different periods of his life was obliged to learn to spell all over again," said the professor. "I knew of such a man, but originally a poor speller, who was compelled thrice to take up the study of orthography. It happened in this way:

"This friend of mine was reared in country, attended the school, and acquired therein the necessary proficiency under the rules of the old time teacher. As a matter of fact he learned to spell while standing. It was a curious fact that for many years that men could not spell some of the simplest words unless he stood On his feet, he was the best speller in the class, and acquired many a prize ic the spelling bees. There was not a pupil in those days who could 'turn 'him down,' when it came to an exercise in upright ortho-

"Then, years afterward, he had to learn to spell with a penell. All his spelling talent went into his pencil. His tongue had lost its cunning, and whether standing or sitting he would his pencil.

"Finally, with the advent of the typewriter, he was obliged again to learn how to spell, this time with the machine. Queer thing, isn't it? Unless the word is a simple one, my friend's tongue refuses its aid, his pencil declines to afford its old-time help, and he is compelled to refer to the writing machine. And yet he's a good speller.-The Sunday Magazine.

GREAT CHANGE From Change in Food,

The brain depends much more on the stomach than we are apt to suppose until we take thought in the matter. Feed the stomach an proper food easy to digest and containing the proper amount of phosphates and the healthy brain will respond to all demands. A notable housewife in Buffalo writes:

"The doctor diagnosed my trouble as a 'nervous affection of the stomach.' I was actually so nervous that I could not sit still for five minutes to read the newspaper, and to attend to my house. hold duties was simply impossible. I doctored all the time with remedies,

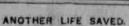
but medicine did no good. 'My physician put me on all sorts of dlet, and I tried many kinds of cerent foods, but none of them agreed with me. I was almost discouraged, and when I tried Grape-Nuts I did so with many misgivings-I had no faith that it would succeed where everything else

burning sensation in my stomach any more. I feel so strong again that I am surprised at myself. The street noises that used to irritate me so, I never notice now, and my mind is so clear that my household duties are a real

Name given by Postum Co., Battle Creek, Mich.

There's a reason. Now why was this great change made n this woman?

The stomach and the brain had not been supplied with the right kind of food to rebuild and strengthen the nerve contres in these organs. It is absolute folly to try to do this with medicine. There is but one sure way, and that is to quit the old food that has failed and take on Grape-Nuts food, which is more than half digested in the which is more than half digested in the process of manufacture and is rich in the phosphate of potash contained in the natural grain, which unites with albumen and water—the only three substances that will make up the soft gray filling in the thousands of delicate nerve centres in the brain and body. Grape-Nuts food is a rure road back to health in all such cases.





Get Premiums with Your Baking Powder Buy Good Luck Baking Powder and get the beautiful premiums we are offering absolutely free. Good Luck is unquestionably the purest baking powder possible to manufacture. Bread made with it is light, white, wholesome and nutritious. It keeps longer and better than other baking powders and raises the batter quickest and very thoroughly. Good Luck is only 10c a pound. By giving the best at the lowest cost Good Luck is now being shipped in car load and train load lots to all parts of the country. It is the idea of getting these beautiful presents free, in addition to the high quality and low price, that makes this a remarkable premium offer GOOD Baking Powder is packed in 6 oz. and 1 lb. cans. The coupons necessary to get the many useful gifts, are printed on the label of each can. Cut out these coupons. Save them. A few of them will get you a hand-some free premium. For details read the little book to be found in every can. Don't forget to ask for Good Luck next time.

Save worry, save money, and last but not least save the coupons and get the beautiful gifts. If your grocer doesn't sell it, send us his name and we will see that you are supplied. LAT BUT FINE CAN AND BANK IT THEY ARE HOUSE HER WILLIAM BUE ARTICLES SEE LINEY AND LAST CAN MAKE ARTICLES SEE LINEY AND LAST CAN MINISTER SHE SHEET STORE OF THE WILLIAM STORE STORE SHEET SHEET STORE SHEET This is the coupon found on every can

THE SOUTHERN MANUFACTURING CO.

RICHMOND, VA.

Chinese newspapers, owing to the cheap quality of paper used and to the low price of inbor, both literary and

Denfess Causet Re Care! by local applications as they cannot reach the diseased portion of the car. There is only one way to cure denfuses, and that is by constitutional remedies. Deafeess is caused by an inflamed condition of the mucous liming of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperient hearing, and when it is entirely closed Deafeess is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destrayed forever. Nine cases out of tea arecaused by catarrh, which is nothing but an inflamed condition of the nucous surfaces. We will give the rimarred by catarrh that cancel of the nucleus surfaces. Denfness Cannot Re Carel case of Boarness (caused by catarrh Johas for any case of Boarness (caused by catarrh Cure. Send for circulars free. F. J. Catarrh Cure. Send for circulars free. F. J. Catarrh & Co., Toledo, O. Sobi by bruggists, 75c., Take Hall's Family Pills for constipation.

Swallon Dying Out.

The swallow is being annihilated. As the hirds cross France and Italy going to Africa in the fall and returning in the spring they are mercilessly slaughfored for the table and the plume trade. Their numbers are visibly de creasing.

FITS permanently cured. Notits or nervous-ness firet day's use of Dr. Kilne's Great Nervellostorer, \$2trialbottle and treatise free Dr. R. E. Neise, Ltd., 221 Arch St., Phila., Pa. Lake Riva is the only large sheet of fresh water in Japan.

Ask Your Dealer For Allen's Foot-Plane, A pewder. It rests the feet. Curer Corns, Bunions, Swellen, Sore, that, Callions, Achin : Sweating Feet and Ingrowing Nails. Allen's Sweather Feet and Ingrowing Natis, Alien's Fout-East makes new ortight shoes easy. At all bruggists and Shoe stores, 25 cents. Ac-cept no substitute. Sample mailed Page, Address, Allen S. Olmsted, Leftoy, N. Y.

Lech Lay is one of the deepest lakes in he British Isles.

Mrs. Winshow's Soothing Syrup for children teething, soften the gums, reduces inflammation allays pain, cures wind colle, 25c, abottle, Landon has 15,000 street accidents in a

Piso's Cure for Consumption is an infailible medicine for coughs and colds.-N. W. Samuel, Ocean Grove, N. J., Feb. 17, 1300. The amount of rice produced in Siam has increased endraously.

Itch cured in 30 minutes by Woolford's Saultary Lotion. Never fails. Sold by all druggists, \$1. Mail orders promptly filled by Dr. E. Detchon, Crawfordsville, Ind. In 1830 John Jacob Aster was the only millionaire in New York.

PREE TO OUR READERS. Botanic Blood Balm for the Blood.

Botanic Blood Balm for the Blood.

If you suffer from ulcers, eezema, scrofula, blood poison, cancer, catlag rores, itching skin, pimples, boils, bone pains, swellings, rheumatism, entarrh, or any blood or skin disease, we advise you to take Botanic Blood Balm (B. E. B.). Especially recommended for old, obsticate, deep-seated cases, cures where all else falls, heals every sore, makes the blood pure and rich, gives the skin the rich glow of health. Druggists, \$1 per large bottle, 3 bottles \$2.50, 6 bottles \$5.00, express prepaid. Sample sent free by writing Blood Balm Co., Atlanta, Ga. Describs trouble and free pedical advice sent in scaled letter. Medicine sent at once, prepaid.

The longest river in the world is the "But it did succeed, and you don't Nile, 4,000 miles; in Europe the Volga, know how glad f am that I tried it. I 2,114 miles; in Asia, the Yang-ise-Kifeel like a new person. I have gained in ang. 3.160 miles, in America the Misweight and I don't have that terrible sissippi-Missouri, 3.656 miles; in Austra the Murray, 2,350 miles.



Potash

Conviction Follows Trial

When buying loose coffee or anything your grocer happens to have in his bin, how do you know what you are getting? Some queer stories about coffee that is sold in bulk, could be told, if the people who handle it (grocers), cared to

Could any amount of mere talk have persuaded millions of housekeepers to use

Lion Coffee.

the leader of all package coffees for over a quarter of a century, if they had not found it superior to all other brands in Purity, Strength, Flavor and Uniformity?

This popular success of LION COFFEE can be due only to inherent merit. There is no stronger proof of merit than con tinued and increasing popularity.

If the verdict of MILLIONS OF HOUSEKEEPERS does not convince you of the merits of LION COFFEE, It costs you but a trifle to buy a package. It is the easiest way to convince yourself, and to make you a PERMANENT PURCHASER. LION COPPEE is sold only in 1 lb. sealed makages, and reaches you as pure and clean as when it left our factory.

ctory. Lion-head on every puckage. SOLD BY GROCERS **EVERYWHERE** WOOLSON SPICE CO., Toledo, Ohio.





In Her Dreams. Miss Ascum-Just back from Palm

Beach, ah? Miss Braug-Yes, and oh, you'd never dream all the proposals I had

Miss Ascum-No; but I suppose that's the way they came to you.-Philadelphia Press.



Concentraled

Crab Orchard WATER

Nature's Great Remedy DYSPEPSIA

SICK HEADACHE CONSTIPATION

simulates the Liver, regulates the Bowels and keeps the entire system in a health; Natural Product with a record of a Con-tury. If afficient try it. SOLD BY ALL DRUGGISTS.

CRAB ORCHARD WATER CO.,

LOUISVILLE, KY.

DROPS Y HEV DISCOVERY: STORE OF STATE O



ADVERTISED THE PAPER IT PA PENSIONFOR AGE.