

### IN POOR HEALTH. PAINS IN BACK. SICK HEADACHES. PE-RU-NA CURED.

Mrs. Lena Smith, N. Cherry street, cor. Line, Nashville, Tenn., writes: "I have had poor health for the past four years, pains in the back and groins, and dull, sick headache, with hearing down

"A friend who was very enthusi-stic about Peruna insisted that I pains. antic try it.

"I took it for ten days and was eur-prised to find I had so little pain. "I therefore comtinued to use it and at the end of two months my pains had totally disappeared.

"I have been in the best of health since and feel len years younger. I am very grateful to you."

Catarrh of the internal organs gradually saps away the strength, undermines the vitality and causes nervousness. Peruna is the remedy.

# Where He Got Them

Jones sat working at his desk when a Hebrew flower peddler stuck his head in at the door and asked if he was going to the big Yale-Harvard football game on the morrow at New Haven, if so, he would guarantee for \$1 a bunch of twice as many viclets as any one else.

The offer was taken, the violets delivered and worn to the game by a young lady who not only used them that day but the following Sunday.

A few days later the Hebrew again called, and Jones said those violets gave excellent satisfaction, but if you have no objections I would like to know how you were able to sell so many violets for so little money on a day when they command a high price. His reply was, "I get 'em off COTDSES.

### Johnny Knew.

A class of boys were given a lesson in geography, each having a book containing a description of the earth before him

Buddenly the teacher called on one of the youngsters (who, evidently, had been paying little attention to what was being said) to answer the following question: "Johnny, where is Europe?" "Page

68." was the boy's reply.

Destarn new the dust mulch, so as to retain the Hogs as Plows. A Maine farmer is credited as saying that on a rough or worn-out plece of land hogs are the cheapest plew to use. moisture for the benefit of the cars of corn while maturing. They save a great deal of hard work. and they get rid of a great amount of

weeds, etc.

The corn crop is likely to continue to grow in importance and value, and some time in the future, if the demand grows as in the past five years, we

shall, by careful seed selection, soil Milk Fever Preventives Several experiments have shown that preparation and cultivation, come to ow an average of forty to fifty bushthe feeding of carrots, beets and els per acre, instead of less than twenthe small potatoes left after sorting to ty-five bushels, as now. - Indiana cows they are not so liable to have milk Farmer. fever as those that have been fed solely

# Practical Tile Drainage.

to feed no corn whatever for six weeks Many large areas of unproductive before calving. Cut hay with linseed land could be brought to a high state meal sprinkled over it will be found to of production by the use of tile drainbe very agreeable to the cows as well age, provided it is properly laid. show how this can be done many books have been written and several experi-

ment station bulletins published within It would pay any man who raises recent years. A bulletin just issued crops of any kind to make a special by the New Hampshire station outlines study of tillage. To understand it the work thoroughly.

thoroughly will need quite a little In laying out a drainage system the study, for tillage refers to such things first thing to do is to decide on the loas the preparation of the land, the cation of the outlets. This should be seeding of the crop, care of the growing at the lowest available point, so as crop, the kind of crops that one should to get the greatest amount of fall. The raise in order to improve the fertility of the soil and to retain the fertility direction of the lowest lying ground. main drain should follow the line and The size of the main drain will depend

Raise Some Celery.

on grain, hay or fodder. It is advisable

Study Tillage.

Curing Alfalfa.

is thus an easy and quick job. A

leaves are thoroughly dry, to prevent

the loss of leaves. If it is put up when

tinue the curing process without be-

coming so dry as to lose on the subse

quent handling after it is thrown out

take several days to cure,

as beneficial.-Weekly Witness.

after it has been secured.

DOSS.

upon its fall and the area which it drains. The greater the fall the smaller may be the tile. A four-inch There is hardly a farm in the United States that does not contain some spot where a nice bed of celery could main is ordinarily sufficient for ten to twelve acres. For laterals a threebe planted-even should it be just sufinch tile will usually be found satisficient for family use. We know of factory. One danger in using small one party who never was much at raistile is, it does not take much sediment ing celery, but made up his mind to learn something about it, and so read to fill them up.

The main can be located in the centre up on the subject. The result was that of the area and the laterals off at right he planted a small bed, and not only angles from either side or on a comparhad sufficient for family use during the atively fiat piece of ground where there best part of last winter, but sold a few are no particular low-lying channels. hundred stalks at sixty cents a hun-It is better to locate it at one end or dred, which more than paid him for the cost of seed and fertilizer, and also side, and place the laterals in parallel lines from one side. netted quite a neat little sum as a The depth of the drains will depend

recompense for his labor .- Weekly Witupon two conditions, viz.: The nature of the soil of the ground water and the average distance below the surface.

In curing alfalfa it is best to put it in Four feet is usually considered deep small cocks, which should be turned and two feet shallow drainage. There is a close relation between the several times. Two men should work together at this, placing their forks depth and distance apart of drains.

under one side and lifting together; it The distance apart will depend upon the depth. The distance apart is also writer in the Rural New Yorker says dependent upon the texture of the soil the main points to observe in the cur- through which the water has to filter. ing of alfalfa hay are, first, to handle it In fine clay soll tile should not be while it is in a wilted state before the placed deep, but close together. In laying tile it should be begun at the outlet. Have the first few feet of

warm, and allowed to stand in the very hard burned tile or glazed sewer cock for twenty-four hours, it will con- plpe, which will not be injured by freezing, and the outlet walled up with stone to prevent washing or sliding down of the dirt, and with some sort of During cool and cloudy weather it will grating to keep out burrowing animals. The laying of the should follow soon after digging the ditch.

Growing Corn.

Either a Y or T should always be The cut of corn plants in a row dis used, making connection with the lattance apart shown on this page is for erals. The upper ends of all lines the purpose of impressing the reader should be closed with a flat stone or with the importance of better methods brick. The ditch may be filled either of cultivation than those formerly pur- by hand shovel or horse scraper. sued, in other words to show the ne As to the cost of drainage, the New cessity for shallow level cultivation

Hampshire station estimates that most after the corn plant is a few feet high. land in the State could be thoroughly This country has the only productive and profitable corn belt in the world. drained for \$35 to \$40 per acre, while many could be greatly improved by a The demand and increasing price of single line costing from \$15 to \$20 per corn in the last five years have raised acre. The first cost is high, but it is the annual production to about 2,000,the only cost.-American culdvator. 000,000 bushels, and yet the average per acre for the whole country is only

Handling Pigs .

ground grains the best results possible

are obtained. While the hoge are growing they should be given the run

of a large wood lot with plenty of

shade and water. Exercise is as nec-

ssary to their proper growth as proper

food. It is well to have some succulent

crop, such as sorghum, sweet corn or

even field corn, growing, so that in case the pasture provided happens to

late summer or early autumn. I us-

ually place the rapidly maturing shoats

the succulent ration. They are given

to the feed lot. I run the ear corn

through the sheller and shovel the

A Glant's Appetite. A Khirgese glant, who has been on

Firm Was Not Liable.

24.2 bushels. It is a rather remarkable fact that on the poor soils of New Engsix to eight months old one should feed land the average production per acre the pigs to secure the greatest possible bone, the rowth and development of is doub an du

# COMMERCIAL REVIEW.

R. G. Dun &-Co.'s "Weekly Review of Trade" says :

"Industrial, commercial and agricultural progress continue satisfactory. Nothing has occurred to weaken confidence, the disposition being to extend plans further into the future, and many plants have their facilities engaged well into next year. As demand broadens there is a natural tendency to enlarge capacity, which adds to the already ex-ceptional structural activity. "Jobbers have secured much more for-

ward business than at this date last year, especially in dry goods lines, and the frequent reminders of autumn temperature stimulate retail distribution of wearing apparel. "Thus far the weather has not been

cold enough to harm the crops that re-main to be harvested, and another week of favorable conditions should insure an unprecedented yield of corn.

Railway earnings thus far reported for September were 3.7 per cent, larger than last year's.

"Each week brings better news from the iron and steel industry, demand broadening and production keeping pace "Failures this week numbered 104 it the United States, against 224 last

and 29 in Canada, compared with 21 a year ago. Bradstreet's says the wheat, including flour, exports for the week are 1.082.404 bushels, against 1.104.215 last week, 0.15-834 this week last year, 1,000,083 in 1003 and 5,435,323 in 1002. Corn exports for the week are 1,226,063 bushels, against 1,404,662 last week, 420,158 a year has 787.116 in 1903 and 54.008 in 1002.

# WHOLESALE MARKETS.

Baltimore .- FLOUR -- Firm and unchanged; receipts, 8,130 barrels.

changed; receipts, 8,130 barrels.
WHEAT—Quiet, spot, contract, 8316 @8314; spot, No. 2 red Western, 8416 @8444; September, 83166(8315; October, 8334@84; December, 83166(8315; October, 8334@84; December, 83166(8315; October, 8334@84; December, 8316(8315; October, 8334@84; December, 8316(8315; October, 8334@84; Southern by sample, 690.83; Southern on grade, 7052(884)5;
COPN Stream, rene 32, Southern by sample, 690.83;

CORN-Strong; spot, 38 4; September, 58/4; year, 50/4/0.50/4; January, 40/4/0.40/4; February, 40; March, 47; steamer mixed, 56/4; receipts, 21,250 bushels; Southern white corn, 50/2/001 Southern yellow corn, 57@60. OATS-Firmer; No. 2 white, 32 sales

No. 3 white, 31@311/2; No. 2 white, 32 saids; No. 3 white, 31@311/2; No. 2 mixed, 291/2@30; receipts, 51,520 bushels, RYE—Firm; No. 2 Western, 64@ 641/2; receipts, 1,584 bushels, BUTTER—Stendy, unchanged; fancy imitation, 19@20; fancy ereameter, 220 mitation, 19@20; fancy ereameter, 220

221/5; fancy ladle, 18/2 19; store-packed

EGGS-Firm, 22. CHEESE-Firm, unchanged; large. 1214; medium, 1214; small, 1218. SUGAR—Steady; unchanged; coarse granulated, 5.45; fine, 5.45.

New York .--- WHEAT --- Receipts, 8,000 bushels; spot stronger; No. 2 red, 881/4 elevator; No. 2 red, 801/2 f. o. b. affoat; No. 1 Northern Duluth, 91/4 to arrive f o b affoat.

OATS-Receipts, 133,500 bushels; ex-ports, 20,518 bushels; spot firmer; No. 2, 5014 elevator and 5014 f. o b. affort; No.

2 yellow, 613/2; No. 2 white, 613/4. OATS-Receipts, 132,500 bushels; exports, 4,645 bushels; spot firmer; natural white oats, 30 to 32 pounds, 321/36, 33; clipped white, 36 to 40 pounds, 35/6

CORNMEAL-Steady; kiln-dried,

3.05@3.10. BARLEY-Firmer; feeding, 39 c. i. f. Buffalo

CHEESE-Steady; receipts, 1,488; State, full cream small, white fancy, 1134; do. fair to choice, 11@1156; do. tolored fancy, 1134; do. fair to choice, 11@1134; do. large, white and colored hancy, 1134; skims full to light, 2360

POTATOES-Irish, steady, 1.37@2.00; From weaning time till they are from sweets, easy, 1.00@1.50. TALLOW-Easy; city, 41/4; country,

# LIGHTING LORE.

ACETYLENE EXCELS AS AN ILLU. MINANT.

Gas For Lighting Formerly Confined to Cities and Large Towns, Now in Gen-eral Use in the Country.

The satisfactory lighting of suburban and country homes requires that the means used shall be convenient, safe, economical and furnish a brilliant, penetrating, effulgent light.

Everybody admits that these are not the characteristics of the caudle or kerosene lamp, which, formerly, were the only feasible means of producing light for domestic use in the rural districts.

For generations there was a crying need, a yearning for something better, which was not satisfied. A few years ago deliverance came in the shape of the chemical compound, Calcium Carblde, from which, by the simple application of water, the gas Acetylene is derived. Acetylene meets all the requirements fully and admirably and is being generally used.

Common lime and carbon in the form of coke or coal are the raw materials which, fused in an intensely heated furnace, make Calcium Carbide, and there is no difficulty in obtaining it in any part of the country.

The machine into which the Calcium Carbide is fed and from which the Acctylene is distributed through the building to be lighted, is but little larger than a thirty-gallon milk can, and of the same general form. It is easily and cheaply installed, either in the cellar or in an outbuilding.

The light from burning Acetylene is exquisite, and lighting experts agree that it surpasses all other known illuminants. It does not taint the air nor strain the eyes, and is not objectionable in any respect. Every up-to-date rural residence should be equipped with Acceptene light.

## CALLED ELIXIR OF LIFE.

Men of Eminence Testify to the

Worth of Buttermilk. Assuming that you have forsworn alcohol, and have found nothing to replace the glass of beer, try buttermilk. In good condition, at its sourest, it is a gonulnely refreshing, sharp drinkacid, but not thin like lemonade-nourishing, but not insipid like milk. It is a harmless substitute for intoxicants, a remedy for tuberculosis, and all pulmonary complaints, and bene ficial to the digestion.

Russian Koumiss, nearly the same thing, is sour mare's milk, and it is well known that the tribes who drink it are immune from consumption. Koumiss has consequently been largely used as a cure for that disease. The famous Russian Count Tolstoy, who was at one time afflicted with tuber culosis, attributes his cure largely to the drinking of Koumiss in abundance while living in a ten on the Russian steppes.

A famous English physician, Sir Lauder Brunton, says of buttermilk, that it "quenches the thirst, supplies food, and also contains a ferment which, if absorbed, may be useful in aiding the conversion of sugar into lactic acid within the body. I am inclined to attribute the benefits occaslocally derived from the use of skimmed milk to its possessing similar properties to buttermilk. But 1 consider the latter superior. When it is allowed to become very sour, and all its milk sugar has been converted into lactic acid, it would probably be still better."

According to Professor Metchnikoff, sour milk or buttermilk is a sort of elixir of life, in that it is a remedy

# AMBITION AS A TONIC. It is Well, Occasionally, to Depart from the Beaten Track.

The world is full of "beaten-track" people who exist exactly after the fashion of millions of men and women who have preceded them. New ideas, new methods, new undertakings are allen to them and to move them out of the beaten track would require little less than a moral or material cyclore. Their galt is plodding, and their motto, "Let well enough alone." These people have their uses, no doubt in the general scheme of things mundane. They are important factors in making life a severe discipline They hold in check the enthusiastic, progressive and original people who would otherwise run this poor old

world too swiftly. Granted their usefulness, it might possible, and would surely be adbe vantageous, for a smaller number of besten-track people to serve the purposes for which they exist; and some power evoked to transform the majority of them into progressive and enthusiastic citizens of the world Their numbers have far outgrown the needs, while the ranks of the advance guard of humanity have grown thin.

and satisfied people ought to be one of pity rather than scorn, perhaps, for they are generally the product of untoward circumstances. Physical or mental or moral incapacity is responsible for their apathy, and has left them only energy or will sufficient for the beaten track. They at least are far above the degenerate and criminal classes in humanity's scale, for these are too feeble in intellect and will to keep even in the beaten track. not to mention the power to blaze a higher and finer way through the

world.

Not Wholly Crazy. A supervisor of an insane asylum directed one of the half-witted inmates to whitewash the walls. The lunatic did as directed and really performed a very creditable job, but for some unforeseen reason he had neglected to whitewash a space over the clock. "That is very well done," said the

supervisor as he returned to inspect. but catching himself up short he demanded:

"But why did you leave that space over the clock?" "Oh, I don't believe in working

overtime," was the response. 

ACETYLENE

GAS

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asking.

Her Courts Byrup, Paster C





W.L.DOUGLAS MAKES AND BELLE MORE MEN'S \$5.50 SHOES THAN ANY OTHER MANUFAG URER.

Any other manufactor unter \$10,000 Elevant to anyone who can disprove this statement. W. L. Douglas \$3.30 shoes have by their ex-cellent atyle, easy fitting, and superior wearing qualities, achieved the largest sale of any \$3.50 shoe in the world. They are just as good as those that cost you \$5.00 to \$7.00 - the only difference is the price. If I could take you into my factory at Brockton, Mass., the largest ha shoes, and show you the care with which every why W. L. Douglas \$3.50 shoes are the best shoes in the world. They on the same the best

Our attitude toward the sluggish Mrs. Ph. Hoffman Tired, nervous and irritable, the mother is unfit to care for her chil-dren, and her condition ruins the child's

disposition and reacts upon herself. The mother should not be blamed, as

12 22

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Mothers Are Helped

THEIR HEALTH RESTORED

Happiness of Thousands of Homes Dys to Lydin E. Pinkham's Vegetable Com-pound and Mrs. Pinkham's Advice.

A devoted mother seems to listen to

A devoted mother seems to insten to every call of duty excepting the sa-preme one that tells her to guard her health, and before she realizes it sorno' derangement of the female organs has manifested itself, and nervousness and irritability take the place of happi-

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25

ness and amlability.

The mother should not be blamed, as she no doubt is suffering with back-ache, headache, bearing down pains or displacement, making life a burden. Lydia E. Pinkham's Vegetable Com-pound is the unfailing cure for this condition. It strengthens the female organs and permanently cures all dis-placements and irregularities. Such testimony as the following should convince women of its wains:

should convince women of its value:

should convince women of its value: Dear Mrs. Pinkham: "I want to tell you how much good Lydia E. Pinkham's Vegetable Compound has done me. I suffered for eight years with ovarian troubles. I was nervous, tired and ir. ritable, and it did not seem as though I could stand it any longer, as I had five children to care for. Lydia E. Pinkham's Vegetable Compound was recommended and it has en-tirely cured me. I cannot thank you enough for your letter of advice and for what Lydia E. Pinkham's Vegetable Compound has done for me.-Mrs. Ph. Hoffman, 100 Himrod Street, Brooklyn, N. Y."

Mrs. Pinkham advises sick women free. Address, Lynn, Mass.

W.L. DOUGLAS \*3.≌&\*3.≌ SHOES ඕ



FITS permanently oured. No fits or nervous-pess after first day's use of Dr. Kline's Great Nervesetorer, Fitrial bottleand treatise free Dr.B. H. KLINE, Ltd., 981 Arch St., Phila., Pa

Japan is exporting cotton yarn at the rate of \$15,000,000 a year.

Mrs. Winslow's Soothing Syrup for Children testhing softens thegums, reduces inflamma-tion, allays pain, cures wind colic, 25c. a bottle

Singers cannot sing so well after a fit of

Ide not believe Piso's Cure for Consump-tionhasanequal for coughs and colds.-Journ F.Borna, Trinity Springs, Ind., Feb. 15, 1900.

China is anxious to have a national an-

# Draws the Polson.

Sloan's Liniment, the great antiseptic, draws the poison from mosquito bites and stings of all insects. It kills yellow fever and malaria germs.

Peru and Bolivia have the richest silver mines in the world.

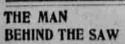
## DISFIGURING HUMOR

Brushed Scales From Face Like Powder-Doctor Said Lady Would Be Disfigured For Life-Cuticura Works Wonders.

suffered with eczema all over my body. My face was covered; my grebrow; came out. I had tried three occtors, but did not get any better. I then went to mother doctor. He thought my face would be marked for life, but my brotherwould be marked for hie, but my brother-in-law told me to get Cuticura. I washed with Cuticura Soap, applied Cuticura Oint-ment, and took Cuticura Resolvent as di-rected. I could brush the scales off my face like powder. Now my face is just as clean as it ever was.-Mrs. Emma White, 641 Cherrier Place, Camden, N. J., April 105 (1997)

Coal costs most in South Airica; least in China.

Re



Has easy work if it's an Atkins. The kees, clean cutting edge and perfect taper of the piade make it run easly without buck itug. So "humping" to do with the Perfec-tion Haudie. Hut there are other men behind the Atkins Saw. The originator of the Atkins Saw. The originator of the discovers of the Atkins and the discovers of the Atkins mean. The discovers of the Atkins mean and discuss was it kewise a man of prains and genius.

ains and genius. And there are high-class workman bohind dis are, inasters of their oraft, whose skill and the of workmanship have helped to make the first Tracker Mark and assurance of quality as liable as the Governeni assay stamp. We make all types and slass of faws, bus juy one grade-the best.

ne grade-the best. ns daws, Cora Knives, Perfection Floo irs, etc., are sold by all good bashwar s. Catalogue on request.

C. ATHINS & CO., Inc. Largest has Manufasturers In the World. ary and Executive Offices, Indianapolis, Indiana-1125: New York, Chiteago, Minnespolis, and, (Oregon), Bartile, Jan Francisco, aphie adiants and Terrano, (Canasia).

TY COCO DEALERS EVERYWEIG

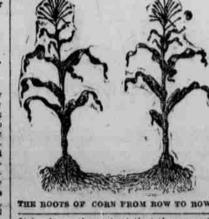
frame work which is to carry the to the fact that better fertilization, muscle and fat necessary to successcultivation and seed selection is pracful marketing. But very little carbonticed there. It is very well known that accous food should be given. Corn there is great advantage in seed selechas its place during the fattening tion. Many instances of this have shown that on the same quality of period, but should be used very sparsolls fifteen bushels per acre have been ingly during the season of their growth. I use skim milk freely in produced more than where the work of feeding my pigs directly after weanecting seed was neglected. Again, ing. For various reasons I prefer to it has been shown that corn growing feed it while still sweet. The pigs on lands the previous year in leguminseem to relish it more, and it is not a

ous crops has greatly increased in pro

duction.

source of indigestion, as sour milk The best corn growers now begin so often proves to be. The milk is always mixed with shorts or wheat midcultivation with weeders or harrows before or by the time the corn begins to dlings to the consistency of thick cream appear above the ground, this both for and fed several times a day.-

I always provide pasture of some sort the purpose of destroying the germinat for my growing hogs. They not only ing weeds as well as to put the soil grow faster on green feed, but they in better condition for corn growth. mature earlier, and where the pasture is supplemented by skim milk and



grain into barrels, where it is carried It is always important that the ground with fresh water at least twelve hours be stirred after rains, where a crush before it is to be fed. It is then dipped forms and starts rapid evaporation of out and placed in troughs, of which the moisture. It is well settled now there is always a sufficient number in that a good dust mulch of two or three each pen to prevent crowding. I have inches in depth is one of the things always found that soaked corn is more necessary in corn cultivation. readily digested, and fattens more

Formerly deep cultivation was prac-ticed, but it is now seen that it was a readily than the dry grain, as the latter is seldom so well mastleated that mistake. When the crop is three or four feet high the ground begins to it partiy passes through unchanged .mat with the fine fibrous roots which extend from row to row, as shown in the cut given on this page. When six to, eight feet high these fine root feedexhibition in Hamburg, was found on ers of the plant have made a complete the streets of that city on August 10 mat between the rows. In deep cultiin a starving condition. Some people vation, reaching down to five or six took him to a restaurant, where he inches, these fine plant feeders are ate three plates of beef soup, four pounds of beefsteak, three portions of ity is checked. Of course new fibrous

ham and eggs, two heaped-up plates of roots will form from those broken, potatoes and cabbage and fourteen but loss is sustained and never fully apple tarts. recovered. It is the same when a calf or fig has its growth checked by starv-The Berlin courts recently denied ing for food; it can never fully recover

the loss. Even after the ordinary cultivation is completed, if a dry season begins, some kind of drag or implement with a single horse could be passed between the rows to break up the crust and re-

416@414. COTTONSEED OIL-Easy; prime yellow, 251/4@26. SUGAR-Raw nominal; fair refining.

31/2@3 3-16; centrifugal, 96 test, 33/4@ 3 13-16; molasses sugar, 256@2 15-16; refined quiet.

# Live Stock

Chicago.-CATTLE - Market steady to lower; steers, 3.50@5.85; stockers and feeders, 2.25@4.20; calves, 2.00@7.50; cows and canners, 1.50@4.75; blls, 2.20 (03.60; heifers, 2.25/04.50. HOGS-Market 5c. higher; shipping

and selected, 5.50 5.75; mixed and heavy packing, 4856 5.4715; light, 5.150550; pigs and roughs, 2.802550. SHEEP-Market steady; sheep, 2.00

@5.00; hambs. 4.50@7.75. New York.-BEEVES-Medium and

eommon slow, closing to @15c. off; bulls and eows unchanged; steers, 3.90(65.90; bulls, 2.90(3.25; cows, 1.50(3.40) CALVES—Good yeals about steady; others weak; Western and grassers dull

and barely steady. SHEEP AND LAMBS-Good sheep

scarce; common sheep, 3.50; lambs, 5.50 @7.35; no really prime here; culls, 4.50

HOGS-Market casy; good State World. hogs, 6.00.

# FACTS WORTH REMEMBERING.

The word "banquet" formerly meant run low, these may be cut and fed in dessert.

California oranges are now sold extensively in London. The marriage rate for London is high-

on a corn diet gradually, but never during the entire time do I withdraw er than that for England and Wales as Bathers at borough private baths in green cut feed after they are confined

London numbered 3,104,383; at the wimming baths, 2,568,502. A new high record has been made in he sale of a seat on the New York Stock Exchange. One just sold brought \$81,000.

The gas plant at Hull, England, is syned by the municipality. The cost of gas to consumers in Hull is from 55 to 60 cents per 1,000 cubic feet inside the city limits, and from 62 to 63 cents outside

Although the Simplon Tunnel is so much longer than either the St. Gothard or the Mont Cenis, it was completed in tix and a half years, while it took eight years to construct the St. Gothard and iz years for the Moant Cenis. The di-ference in favor of the Simplon was due almost entirely to the improved rotating fully are used in tunnel construction. drills now used in tunnel construction.

In the case of an arrested motor driver at Hailsham, England, the other day the police swore that he was driv-ing at the rate of 87% miles an hour, and they refused, under cross-examina-tion to take of area the one-helf

and they refused, under cross-examina-tion, to take off even the one-half. Exports from Yokohama, Japan, to the United States for the year ending June 30 last aggregated in value \$44-527,259. The bulk of this was made up of raw silk and silk goods, the value of the former having been \$31.974.945 and the latter \$6,076,033. Tea was also re-ceived in this country to the value of §3,867.940; curios, \$1,005,326; provisions, \$26,650; chip and straw braids, \$355-469, and cottom goods, \$299,491.

for "the slow intoxications that weak en the resistance of the higher elements af the body."

Buttermilk is very easy of digestion and assimilation. In diabetes, where milk is more or less objectionable. buttermilk can be safely given with advantage. It is also given as a refrigerant.

# In the Catechism.

The late Rev. Walpole Warren was hearing the Sunday school repeat the catechism one Sunday preceding confirmation, when a boy from the class of small children ventured to ask a question of the minister.

"Mr. Warren," he inquired in an anxious tone. "Why does the multiplication table make people wicked?" "Why do you ask that question, John? I never knew it to do so," he said.

John turned to his catechism and read from it the question:

"'Did man grow worse as he began to multiply?' And the accompanying answer, 'He did.' "-New York

# GET POWER.

The Supply Comes From Food.

If we get power from food, why not strive to get all the power we That is only possible by use of skilfully selected food that exactly fits the requirements of the body.

Poor fuel makes a poor fire and a poor fire is not a good steam producer. "From not knowing how to select the right food to fit my needs I suffered grievously for a long time from stomach troubles," writes a lady from a little town in Missouri.

"It seemed as if I would never be able to find out the sort of food that was best for me. Hardly anything that I could cat would stay on my stomach. Every attempt gave me heart-burn and filled my stomach with gas. I got thinner and thinner until I literally became a living skeleton, and in time was compelled to keep to my bed

"A few months ago I was persuaded to try Grape-Nuts food, and it had such good effect from the very beginning that I have kept up its use ever since was surprised at the ease with which I digested it. It proved to be just what I needed. All my unpleasant symptoms, the heart-burn, the inflated feeling which gave me so much pain disappeared. My weight gradually increased from 98 to 116 lbs., my figure rounded out, my strength came back, and I am now able to do my house work and enjoy it. The Grape-Nuts food did it." Name given by Postum Co., Battle Creek, Mich. A ten days' trial will show any one some facts about food.

"There's a reason."



