

TERRIBLE TO RECALL.

Five Weeks in Bed With Intensely Painful Kidney Trouble.

Mrs. Mary Wagner, of 1647 Kossuth Ave., Bridgeport, Conn., says: "I was so weakened and generally run down with kidney disease that for a long time I could not do my work and was five weeks in bed. There was constant bearing down pain, terrible headaches and all the things that were terrible. The passages of a kidney secretion were irregular and painful, and there was considerable sediment and odor. I don't know what I would have done but for Doan's Kidney Pills. I could see an improvement from the first box, and five boxes brought a final cure." Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

SMOKING CARS FOR WOMEN.

Fashionable women in England seem to be leading those in America in the smoking habit. According to Everyday Magazine, one of the first-class carriages of a train that left London for Liverpool recently displayed the sign, "Ladies Smoking". It was the first ever. A man called for the carriage, as they call a car in England, for his woman friends, who occupied it for smoking purposes. Regular smoking carriages for women may come into vogue over here.

UNABLE TO WALK.

Terrible Sore on Ankle Caused Awful Suffering—Could Not Sleep—Cured by Cuticura in Six Weeks.

"I had a terrible sore on my ankle, and had not walked any for eleven months. I tried nearly everything without any benefit and had a doctor, but he didn't seem to do any good. He said I would have to have my limb taken off, and that I would never walk again. I suffered awful, and at night I could not sleep at all. I thought there was no rest for me, but as soon as I began to use Cuticura Soap and Ointment it commenced healing itself. I washed the ankle with warm water and Cuticura Soap, and then applied Cuticura Ointment to the affected part, and laid a cloth over the sore to hold it in place. After two weeks I could walk around in my room real good, and in six weeks' time my ankle was entirely cured, and I was walking around out of doors. Mrs. Max Dickerson, Louis C. H., Va., April 22, 1905." When in doubt, listen to your wife.

Search For New Foods

ALL THE WORLD LEVIED UPON FOR PLANTS AND FRUITS

Where Many of the Present Staples Originated—Peru Gave the Potato, Tomato and Lima Bean—Successes in the Quest For New Salad Plants—Japan Has a Promising One in Udo—A Delicious East Indian Mango Soon to Come From Florida.

The recent agitation on the subject of preparing meats and meat products has turned popular attention more strongly than any other cause to an interest in a vegetarian diet and this in turn has induced individual curiosities as to the origin of the vegetables which we know best in this country, writes the Washington correspondent of the New York Evening Post. Everyone knows, of course, that potatoes are the mainstay of the Irish and rice of the Chinese. If there is a failure of the wheat crop, there is famine in India and the sympathy of the whole civilized world is drawn upon to supply the wherewithal to tide over the year's deficiency. England must maintain a great navy to prevent its being isolated from its bases of food supply in case of war, as much as for the protection of its colonies.

Taking lesson from these patent facts, this country, in spite of the unusually wide range of its products and its practical immunity from harm on this score even under stress of war, has undertaken, through a bureau of the Department of Agriculture, to search the whole world for every sort of growing thing which has possibilities as a food product. Having found such a plant, it has been imported here for development in the Government's laboratories and subsequent distribution to such Government experiment stations or private growers as could develop it more scientifically for the climate to which it is best suited.

Many persons consider Ireland the home of the potato, which has become such a necessary part of the average American's diet. The plant came to this country from the highlands of Colombia and Peru, a section of the world which has furnished a number of the best known and most widely cultivated vegetables of the present time. The tomato was introduced from Peru back in Civil War days, when ignorant people had an idea that it was a poisonous plant. Agricultural statistics of the past year show that superstitious fear of the tomato has disappeared sufficiently to encourage the growing of this popular food on 500,000 acres. The lima bean is another vegetable of popular consumption which came from the same South American country, having been introduced here about eighty-five years ago. Certain sections of the country have come to grow lima beans in such profusion that farmers have been able to obtain special railroad rates for sending their crop to city markets. Thousands upon thousands of dollars invested in the orange groves of California and Florida obtained that opportunity for investment in consequence of the introduction of orange cuttings from Brazil. England is given credit for having provided this country with asparagus, while celery came originally from Southern Europe, and rhubarb from Central Asia.

Still unsatisfied with all that other countries have given us in the way of food supply, the aggressive agricultural scientist of today has been turning the world over and exploring its far-away corners and uninhabited desert and forest nooks for what may turn out to be only a slip of a plant or a sample of an undeveloped fruit. Each, however, brings to the explorer the germ of an idea by which he hopes to develop the new plant, through Government aid, into a staple of both food value and financial profit. Descriptions have been given in the Evening Post's correspondence of the last six months of some of the noteworthy novelties brought to this country in this way, including durum, or macaroni wheat; chayote, the new delicate of the egg plant variety; the ecclesie cheese, which is so nearly like the ordinary cheese as to be readily mistaken; new varieties of tangerines and other specimens of the orange family, and of grazing plants which will grow in the semi-arid parts of the West where there are less than six inches of rainfall. In each of these instances there has been an accomplishment worthy of note, but the list has not yet been exhausted. Other plants and fruits are being developed along the same lines, and descriptions of some of them will be available before long for the information of the public. At the present moment it is possible to give some brief facts about several experiments which have progressed far enough to indicate a gratifying success in as great measure, probably, as those just mentioned.

Salads have come to be a part of the principal daily meal for most persons who live sensibly well, because of the many kinds which can be prepared at small cost and which add so much to the enjoyment of the repast. But there is a continual longing for new kinds of salad, and chefs are puzzling their brains to arrange new combinations. To meet the demand has been one of the tasks which the agricultural explorer has set for himself, and already he has succeeded to a degree. In Japan he has found a vegetable, called by the Japanese udo, which is as common there as celery is here. It is so enjoyed by the Japanese that they import the canned article to their country rather than do without their accustomed food. It cannot take the place of lettuce for variety of uses, but may be adapted to a palatable dish by the addition of certain sauces. It has not yet been given a distinctive American name, but it grows in thick blanching sheets of two feet or more in length, and prospers splendidly. By slicing the sheets into thin shavings and serving with a French dressing, there is presented a sleek looking salad with unusual crispness and a new and distinct flavor.

Some day epicures will cherish the name of the explorer who brought to this country the original mango, the fruit which has become a fad with numbers of Florida orange growers in sections where there is a suitable soil and little or no frost. There have been mangoes sold in this country, but they have not been of the true, high-grade stock which has given the fruit its fame abroad. It was in 1880 that the East Indian Madras mango was introduced into Florida. It prospered for several years until the great freeze of 1895 killed all but one tree, and that was saved only through the exertions of a horticulturist expert on the ground. Thousands of grafted trees now growing in Florida owe their start in life as fruit producers of the first grade to this one lone tree which nearly succumbed to the frost eleven years ago. The experiment has reached such a stage that the marketing of a crop is expected by another season. Mangoes offered in delicatessen shops today are disdained by the experts as unworthy of the name, which will be lived up to by the new variety. The Oriental mango is known as the most luscious fruit that grows, having no more fibre than a peach, but being much more richly flavored. Another inducement to cultivation is that they will grow on soil of no particular value and continue bearing for years. This, in addition to enormous crops, is likely to result in general introduction in such sections as afford the proper climate.

In this same general class is a fruit called mangosteen, which the Department of Agriculture expects to propagate as a new industry for Porto Rico, Hawaii, the Panama Canal zone, and perhaps some other localities. Some specimens are already growing in Hawaii, as in Jamaica and Trinidad, but it is not entirely acclimated as yet. The mangosteen has a delicate flavor and attractive appearance, but lacks a sturdy root system which will make it commercially practicable. To discover a representative of this species which will provide the toughness of fibre required and on which the delicate mangosteen can be grafted, is now the work of the investigators. The fruit has a white pulp, more tender than that of the plum and an alluring flavor which is hard to describe. The rind is of a purple brown shade that distinguishes it from other fruits of similar variety and marks it as distinctively as the red-skinned banana is different from the ordinary sort. These several experiments in fruits contain great possibilities to the fruit growers of America as well as prophecies of new delicacies for the gratification of the increasing thousands of well-to-do citizens whose material prosperity develops the market for new food products. All parts of the world have been leaved on to provide new sensations for agricultural and horticultural America, and as quickly as results are attained they will be made known to those who can carry on the work most successfully. Usually the State experiment stations are given this opportunity, since through them the general public may be supplied most satisfactorily.

Because of this co-operative plan, by which the work of the Government experts is made available to every grower and experimenter in these lines throughout the country, there is always a large majority of the National legislators who are willing to vote the necessary funds for developing it. What no individual grower could afford to attempt on his own responsibility and expense, the Government can and does do in the interest of all its citizens.

BERMUDA ONIONS CURE CONSUMPTION.

A Man Who Knows Advocates a New Remedy.

EVEN IN THE THIRD STAGE

It is Claimed That the Dreaded Disease Can Be Arrested and Driven From the Human Body

And now comes a man from Cuba who says he can cure consumption, even in the third stage, with Bermuda onions, announces the New York Herald. Professor Gollinski is his name. Strange to say he was born in Rahway, N. J. But for twenty-five years the professor has practiced on the consumptive patients of the West Indies and South America. "I am fully satisfied," said the professor, "after long experience, that consumption is neither a contagious, infectious nor inherited disease. Children born of consumptive parents inherit only a predisposition to consumption, but not the disease itself, which is developed in many such children after birth.

"The consumptive microbes can never live in the open air, for it is a product of the body. Only the germ is thrown off by respiration into the air. It attaches itself to milk food and floats in the atmosphere, absorbing oxygen and is rebathed into the lungs and blood—a healthy, beneficial germ helping to make the red corpuscles of the blood in all persons who do not suffer from degenerated lungs caused by a waste of stamina and vital energy through excessive drink and other causes of a debilitating character draining the blood and system.

"I say that consumption may be avoided or speedily cured, especially in its early stages, by the use of this wonderful remedy, the Bermuda onion. There is no secrecy about it; nothing that the poorest man, woman or child may not avail himself of and recover health, vigor and wasted strength.

AS MARVELOUS PROPERTIES.

"The Bermuda onion, by reason of its culture and ingredients, contains marvelous curative properties of a mild, oily taste and a specific for the dread disease. The onion is grown in a specially prepared bed, chiefly of the meal of the castor bean ground up. The onion growing in this soil becomes medicated and a great blood tonic, restoring the weakest stomach, building up the nerves throughout the human system.

"This is the process. After one eats the onion the gases arising during sleep are inhaled into the air sacs of the lungs, destroying the consumptive microbes. In no other way can these deadly parasites be killed without injury to the delicate lining of the stomach, the intestines, tissues, etc. One in the first stages of consumption eating two or three Bermuda onions a day with a little salt will immediately begin to rally. Slices of the onion placed between two pieces of buttered bread and eaten as a sandwich will effect a positive cure in from three to four weeks.

"In the second stages of consumption it will require about three months to effect a cure. All washes and drains of the system must be avoided—no brandy, whiskey or other intoxicating liquors allowed.

"In the third stage of the terrible disease the onions should be eaten faithfully for four months, observing the same abstinence from liquors of all kind.

"During the third stage tonics for the stomach, liver, heart and bladder should be taken. After careful investigation, extending through a series of years and visiting patients in all parts of the southern country, I am convinced that the present treatment of consumptives is wrong—especially the use of cold air, which in ninety-nine cases out of every hundred reduces the natural heat of the lungs and produces death through congestion, pneumonia and pleurisy, which become new diseases and destroy life in a few days.

NORMAL TEMPERATURE REQUIRED.

"The lungs require a normal temperature of 98.4 Fahrenheit of temperature to sustain life in consumptive patients. The cold, open-air treatment which is insisted on, without gauge or regard to the intensity of the cold upon the superheated lungs of from 102 to 103 temperature, is sure to cause congestion and pneumonia, if the temperature falls two degrees below normal. It is nothing short of manslaughter to expose a weak, emaciated, consumptive patient to such a rigor of temperature.

"Another outrage is the use of creosote, expecting it when administered into the stomach to destroy the bacilli infesting the lungs and its tissues. My investigation proves that creosote, as usually prescribed, destroys the beneficial mucous coating of the lungs and stomach, leaving the organs in such a condition that when the patient partakes of food usually causing the gastric juice and digestive acids to flow into the uncovered stomach and intestines, irritation invariably sets up and the severe pains take the patient's appetite. Consequently the organs and tissues most needing food and heat are robbed and left raw and unannihilated. Then the body begins to waste and the terrible emaciation and night sweats are increased.

"The third and equally harmful remedy is the indigestible cod liver oil so often administered. It is greasy and nauseating, clogs the system and should never be used by consumptives. The organs are in a low state, especially the liver and the stomach, and digestion becomes more difficult when cod liver oil is administered. The thing most needed by the consumptive is the ability to digest food and nourish the wasting organs of the body. Cod liver oil clogs and prevents certain gases from passing out of the system. Consequently the gases remain, lifting the heart's wall and causing a terrible depression so common to consumptives and invalids using cod liver oil. Many digestion is absolutely necessary to the consumptive; therefore, I repeat, that the open-air

TRAINER DOWN ON MEAT.

Mike Murphy Tells That Eggs and Milk Form Best Diet.

"Mike" Murphy's talk was the feature of a recent session of the conference of physical directors of the Young Men's Christian Association of Pennsylvania, and the Penn trainer imparted considerable valuable information concerning athletic methods. Hints drawn from his experience interested a large audience which assembled in the gymnasium of the University of Pennsylvania. Penn's famous trainer said in part:

"Adopt a simple bill of fare and use it consistently. Milk and eggs are the best foundation. They are nourishing and readily digested. Twenty-five years ago at training tables the men were fed what was practically raw beef. Oatmeal, buttered toast and other heavy articles were standard. We have got away from this now, but even yet we use too much meat. A steak or chop is all right occasionally; oysters also, if a man can stand them. Fish is to be avoided, as well as heavy cereals. Do not artificially stimulate your men. This practice is prevalent and pernicious. I have seen trainers before race events give boys cold bouffes, aromatic spirits and strychnine. There may be something in stimulants, but my experience has not found it. I have never used stimulants on a good man, and no others ought to compete. The best stimulant is Nature. Let Nature alone!"

"I advocate a gymnasium for every branch or club. It is a valuable thing to have, but good work can be done without an elaborate outfit. Arrange a few simple weights and bars, inside or outside, and you will get great good from the experiment."

George Kistler, Penn's swimming instructor, addressed the physical directors on the value of swimming as an exercise and the advance of the sport in the past twenty years. In 1855, Professor Kistler pointed out, the 100-yard was done in 1 m. 12 s.; last year the time was fifty-eight seconds. He ascribed the reason to increased knowledge of mechanics and physiology.—Philadelphia Record.

Give Your Horse Regular Exercise.

As to exercise, this must depend upon what a horse is kept for, and expected to do, but it must be regularly met by a corresponding reduction in both the amount and the nourishing quality of the food. If a horse in regular work is suddenly laid by, as from lameness or other accident, he must forthwith be served with a mild cathartic like a pint of raw linseed oil, or a mild aloes ball of two or three drachms. Sundays are usually rest days, and according to Saturday's mid-day and night rigors should be light in character, as those of the holiday itself. Thousand of cases of azoturia are noticeable in all cities every year, and this is what troubles nearly all the horses we see fat in the street so frequently. Ninety per cent. of these cases occur on Mondays, for the reason that the careless owners have not lessened the feed upon the previous day, when the hard-working animal was suddenly allowed a complete respite. At least five miles daily is required to keep most horses fit, and you are generally all the better for a "meat" pilgrimage between breakfast and supper, but every individual case varies.—E. M. Ware, in "Condition in the Horse and How to Attain It," in The Outing Magazine.

Brain Work Consumes Fuel.

It is calculated that the amount of heat given off by the human body within twenty-four hours would be sufficient, if concentrated, to bring a nine-inch cube of steel to a white heat. It is this heat which literally burns up the body, and the very first day that a man ceases to renew the tissues by taking food he loses about half a pound or a pound in weight. Brain workers give off a greater amount of heat than physical workers; hence they are more liable to collapse. After overwork they are obliged to lie up till they can obtain more capital—in other words, they have been consumed. It takes the body at a quicker rate than it takes nature to supply a quantity of fresh tissue and muscle.—Detroit News-Tribune.

On the Road to Wisdom.

Father Healey was a witty priest of Bray. On one occasion he had a long argument with a Protestant minister about purgatory. As is the way with such arguments, neither disputant was convinced, when the Protestant minister remarked: "Well, I've lived sixty years in this world and I haven't found out the difference between a good Protestant and a good Catholic yet." "Oh, haven't you?" replied Father Healey. "Well, you'll not be sixty seconds in the next world before you find out."—London Tribune.

Buddhist Pantheon Found.

According to a report in the Berliner Tageblatt, the Prussian expedition to the Chinese Turkestan has unearthed a Buddhist Pantheon. Remains were found of persons belonging to a red-haired, blue-eyed race, evidently the founders of the temple in the Mogao caves, and bearing garments of unmistakably Iranian origin. A number of great iron swords were also discovered. Search revealed the existence of further numerous Buddhist frescoes, containing many figures.

POPULAR SCIENCE

The croaking of frogs or toads under water is heard at some distance, and the low-coll of certain fishes is audible from a depth of several fathoms. An English observer points out that sounds pass much less readily from air to water. He credits fishes with a sensitive hearing apparatus, but has satisfied himself that speaking does not disturb a trout or other fish. Yet a slight stamp on the ground causes the creature to dart away.

Spiders are not always solitary creatures.

A scientist has lately found in Southern India a species of spiders that builds spongy nests with outlying webs, each nest being occupied by forty to one hundred spiders, with a large excess of females; sometimes five or six nests are clustered together. The spiders not only live and work together, but they share with one another any prey that may be captured, and some even show maternal affection approaching self-sacrifice.

The Lancet advocates the use of snails as food. The snail, it says, has been called "the poor man's oyster." It makes an excellent fish sauce and may be used for the same purpose as oyster sauce. Care must be exercised in the choice of the snail for food purposes, as it is well known that snails feed on poisonous plants, and it is the custom in France to allow a few days to elapse after they have been taken from their feeding ground in order that any poisonous matter may be eliminated.

The flight of boomerangs is illustrated by L. Pfammler, a German lecturer by means of various shaped little models, from two to four inches long. These are cut from aluminum foil a fifth of an inch thick, and they are hammered convex on one side. The model is placed on a table with the concave edge to the front, one edge projecting over the side of the table almost on a level with the top of a flat vertical spring. The spring drives the boomerang forward and upward six or eight yards, and then the bit of metal returns and falls near its starting point.

Concrete piles of an unusual form have recently been tested in New York. According to the Iron Age they are made by spreading a layer of concrete on wire fabric to which longitudinal rods are attached at intervals. The fabric is immediately rolled up in a special machine of simple construction, and the pile then laid aside to harden. It thus contains, in addition to the concrete, any desired number of vertical rods. In a cross-section of the pile the fabric lies spirally from the inside to the exterior of the concrete. If so desired any one of the rods may be made a hollow tube, thus allowing for the use of the water jet.

The Craveri method of preserving meat lately found by Italian experts to promise advantages over all other processes.

consists in draining the veins of the slaughtered animal, and then injecting a solution of one hundred parts of water, twenty-five of kitchen salt and four of acetic acid to the amount of one-tenth of the living weight. In the Turin tests, a treated sheep and calf were hung for seventy-five days in a cellar at sixty-one degrees F. They were then skinned, dressed and cut up, while the flesh was found fresh in appearance with no trace of putrefaction and proved to be tender, unusually well flavored, digestible and nutritious.

DIVIDING RIO GRANDE WATERS.

New Treaty With Mexico Gives Americans Lion's Share.

Secretary Root for the United States and Ambassador Cramer for the Mexican Government, signed a treaty regarding the use of the waters of the Rio Grande, which will remove what has been for twenty years a source of friction in the relations of the two countries. For almost a century the Mexicans living along the lower river have made large use of its waters for the purpose of irrigating their lands. But in recent years private companies on the upper waters in the United States have preferred claims for damage, but so far without success. Plans of the reclamation service made it certain that all the water would eventually be retained on American soil. The underlying principle of the convention is the recognition of the common law right of the Mexicans to the use of a fair share of the waters of the river, but as the United States Government is put to the entire expense of building the great dam and canals the Mexican share is only a fractional proportion of the whole flow. It is estimated that the impounded waters will suffice to irrigate about 200,000 acres of arid land, and it is stipulated that this total 60,000 acre feet of water, which is to make arable about 25,000 acres of land, will be delivered on the Mexican side of the border each year. For its part the Mexican Government guarantees the United States Government against any suit for liability on account of claims of individual Mexicans who have so far suffered through the diversion of water.

Deer-licious.

Avoid for your own home table the cheap prunes of commerce, packed mostly with worms. Buy selected prunes. They may cost \$2 a quart bottle, but they are cheap at that price. A pound goes a long way, and when properly cooked and served they are the best alternative ever set before a king. But not more than three at a time! California, Oregon and Washington produce 200,000,000 pounds of prunes annually, more than all the rest of the world. The French produce is about 80,000,000 pounds.—Victor Smith, in the New York Press.

Thinks Peruna Is a Wonderful Medicine.



MISS ANNIE HENDERSON.

MISS ANNIE HENDERSON, Brooklyn, "I feel better than I have for over four years. I have taken several bottles of Peruna and a bottle of Mananin. I can now do all my work in the house, milk the cows, take care of the milk, and so forth. I think Peruna is a most wonderful medicine. I believe I would be inclined to-day if I had not written to you for advice. I had taken all kinds of medicine, but none did me any good. Peruna has made me a well and happy girl. I can never say too much for Peruna." Not only women of rank and leisure are cured by Dr. Kline's Great Kidney Pills, but poor women engaged in honest toil would not be without Dr. Hartman's world-renowned remedy.

The Doctor has prescribed it for many thousand women every year and he never fails to receive a multitude of letters like the above, thanking him for his advice, and especially for the wonderful benefits received from Peruna. Thieves are bound to their profession by looks of steel. Wives of whipped men are no spring chickens.

Mrs. Winslow's Soothing Syrup for Children, soothing, softens the gums, relieves inflammation, allays pain, cures wind colic, gripes, etc. France has 7000 miles of State-owned rail free roads.

Dr. Biggers Huckleberry Cordia. Will convince the most skeptical when it comes to curing Diarrhoea, Dysentery, Children's Teething, etc. Each 50c per bottle.

GLASS THAT KEEPS OUT HEAT.

An Austrian inventor, Richard Salzmund, is reported to have made a new kind of window glass whose chief peculiarity is that it prevents the passage of nine-tenths of the heat of the sun's rays. It is well known that ordinary window glass allows nearly all of the heat derived from the sun to pass through, but on the other hand, intercepts all heat coming from incandescent bodies, such as a stove or the heated ground. This is the reason why heat accumulates under the glass roof of a greenhouse. If covered with Salzmund's glass a greenhouse would, it is claimed, become a cold house, since the heat could not get into it. One advantage set forth in favor of the new glass is that a house whose windows were furnished with it would remain delightfully cool in summer. But in winter, perhaps, the invention would not be so agreeable.—St. Louis Post-Dispatch.

TACT LACKED.

Miss Clara Clemens, Mark Twain's daughter, was laughing at Atlantic City about entertaining.

"Tact," she said, "is essential to good entertaining. I once dined at a house where the hostess had no tact. Opposite me sat a modest, quiet man. The man suddenly turned as red as a lobster and fell into a horrible fit of convulsion on hearing his hostess say to her husband: 'How attentive you are, Joe. You must look after Mr. Blank better. He's helping himself to everything.'"

BACK TO PULPIT.

What Floor Did For a Clergyman.

A minister of Elizabethtown tells how Grape-Nuts food brought him back to his pulpit: "Some five years ago I had an attack of what seemed to be La Grippe, which left me in a complete state of collapse and I suffered for some time with nervous prostration. My appetite failed, I lost flesh until I was a mere skeleton, life was a burden to me, I lost interest in everything and almost in everybody save my precious wife. Then on the recommendation of some friends I began the use of Grape-Nuts food. At that time I was a miserable skeleton, without appetite and hardly able to walk across the room; had ugly dreams at night, no disposition to entertain or be entertained and began to shun society. I finally gave up the regular ministry, indeed I could not collect my thoughts on any subject, and became almost a hermit. After I had been using the Grape-Nuts food for a short time I discovered that I was taking on new life and my appetite began to improve; I began to sleep better and my weight increased steadily. I had lost some 50 pounds, but under the new food regime I have regained almost my former weight and have greatly improved in every way. I feel that I owe much to Grape-Nuts and can truly recommend the food to all who require a powerful rebuilding agent delicious to taste and always welcome." Name given by Postum Co., Battle Creek, Mich. A true natural food to regain health, hold it in by use of a dish of Grape-Nuts and cream, morning and night. Or have the food made into some of the many delicious dishes given in the little recipe book found in pkgs.

Ten days' trial of Grape-Nuts helps many. "There's a reason."

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