

A great many women suffer with a form of indigestion or dyspepsia which does not seem to yield to ordinary treat-ment. While the symptoms seem to be similar to those of ordinary indigestion, yet the medicines universally pretient's normal condition



Mrs. Pinkham claims that there is : kind of dyspepsia that is caused by a derangement of the female organism. and which, while it causes a disturb-snce similar to ordinary indigestion, cannot be relieved without a medicine which not only acts as a stomach tonic. but has a peculiar tonic effect on the fe-

male organism. As proof of this theory we call at-tention to the case of Mrs. Maggie Wright, Brooklyn. N. Y., who was completely cured by Lydia E. Pink-ham's Vegetable Compound after every-thing else had failed. She writes :

thing else had failed. She writes: "For two years I suffered with dyspepsis which so degenerated the entire system that I was unable to attend to my daily duties. I felt weak and nervous, and nothing that I atte-tasted good and it caused a disturbance in my stomach. I tried different dyspepsia cures, but nothing seemed to help me. I was ad-vised to give Lydia E. Finkham's Vegetable Compound a trial, and was happily surprised to find that it acted like a fine tonic, and in a few days I becan to enjoy and properiy digest ewdays I began to enjoy and properly digest ny fool. My recovery was rapid, and in the weeks I was a well woman. I have rec-minanded it to many suffering women."

No other medicine in the world has received such widespread and unquali-fied endorsement or has such a record f cures of female troubles, as has Lydia E. Pinkham's Vegetable Compound.



Sneezing is the best brain clearer known. Many persons conclude an attack of faintness or fainting with a violent sneeze. Our ancestors took snuff from a bellef in the efficacy of sneezing. But tobacco so taken is in part absorbed into the blood and hurts the system

There is more Catarrh in this section of the country than all other diseases put together, and until the last few yoars was supposed to be insurable. For a great many years doctors pronounced it a local disease and preseribed our with local treatment, pronounced it in-curs with local treatment, pronounced it in-constitutional disease and therefore requires constitutional disease and therefore requires to here market. It is taken internally in does in the blood and miceous surfaces of the system. They offer one hundred dollars for and testimonials, Address F. J. Cheney k Co., c., Toledo, O. Bid by Druezist, 75c. The city of St. Petersburg is pro-There is more Catarrh in this section of the

The city of St. Petersburg is pro-

# Investigating the Nutritive Value of Meat. ----

By ELIZABETH C. SPRAGUE.

## REARING CONTRACTOR CONTRA

A billion and a half dollars are | When meat is cooked in water, it spent every year by the people of the | may loose from ten to fifty per cent. United States for the meat they eat in weight, depending upon the condi--about a third of the whole amount tions of cooking. Most of this loss expended for raw food materials. is due to the water cooked out of the This immense sum is used to pur-meat. Almost half of the water preschase a food of whose nature and ent in the raw meat is lost in this dietetic value very little is known. way, so that it is not surprising that Every one thinks he knows from ex- boiled meats should seem so dry. perience what suits him best, or at Meats cooked by roasting lose from any rate, as one woman expressed it, thirteen to thirty-seven per cent. of "likes to eat what he likes, and not their total weight. Only about a third of the water is lost under these what is nourishing." It has proved financially profitable conditions, leaving the meat much

to study the food of plants, to an-alyze the soil where they are to be very much more fat than does the grown, discover what food element boiled meat, but this is not importis lacking, and by supplying this ant, since it may saved in the dripproduce a more perfect and plenti- pings, and more fat probably remains ful crop. Extensive experiments are in the meat than will be eaten.

carried out to determine by what The loss of the organic extractives system of feeding the most market--a class of substances about which able steer yielding the largest profit very little is known, except that they can be raised. Even the question of are responsible for the flavor and whether the corn should be ground stimulating effect of meat-is quite a into a meal or fed to the animal on different matter. When the meat is the cob is thought worthy of con- broiled or roasted only a small part sideration and experiment. This, be- of these exude, but if they are cooked cause the value of such care and ex-periment can be demonstrated in the them are dissolved and pass into the returns in dollars and cents. A man's broth. The meats from which the health, strength and efficiency depend soluble constituents have been reupon the food he eats, but it is less moved are very much less effective easy to show the results of experiments in stimulating the flow of the digeswith human beings than with plants tion julces, and therefore have a and the lower animals. In matters lower dietetic value than those which of food more than in anything else retain more of these substances. The the human race has been content to juciness, tonderness, and flavor of a roast or porterhouse steak are of follow its instincts. Now, however, the time has come when it does not sufficient physiological importance to seem sufficient to appreciate the abil- justify to some extent a preference ity of science to first interpret the for these, even at the higher price leadings of instinct, and then dis- one must pay for them, than for meat cover means of improving upon them. for boiling or stewing,

Through the domestic science move-In cooking meats in water the losses increase with the length of ment many of the more intelligent housekeepers have come to realize time and temperature of cooking. the need for more accurate informa- The smaller the size of the pieces in tion regarding the nutritive and which the meat is cooked, the greater economic value of different foods, of also will be the losses. In roasting methods of cooking, and related sub- the losses increase the more thorjects. To supply this need the Gov- oughly the meat is cooked. Meat ernment, through the Office of Ex- that is cooked well done loses fully periment Stations of the Department | twice as much as that which is left of Agriculture, has established a sys-tem of Nutrition Investigations. Is not only more juicy, but contains These include studies of the food more of the soluble flavoring constitconsumed by typical individuals, uents than the former. Being in a families, and groups in colleges, hos- condition that resembles raw meat, pitals, and other institutions, to de-termine representative food habits, completely digested than is the wellto discover the principles underlying done meat. All meats, irrespective the natural selection of food, and to of the method of cooking have a establish a rational basis for such se- high food value when judged by the kind and amount of nutritive ingre-While very few people in civilized dients present .- Scientific American,

Tongue in Prescribing.~

countries actually starve, many have less food than they need, and multi-SOME ADVANTAGES OF LATIN. tudes have less than they would buy Reasons Why Doctors Use Dead if they could. On the other hand, many people have more food than they should have. Careful prepara-Why does the doctor write his pre-

tion and skillful cooking fits much food for use which would otherwise be thrown away, and makes what is already edible more easily available, lish and, being a dead language, and therefore more valuable to the does not change, as all living tongues body. We do not, however, know a do. great deal about the effect of cooking upon food and its influence upon digestibility. Moreover, whenever money is scarce and the most should be made of food, there the ignorance, carelessness, and incompetence of the cook are proverbial. Therefore the nutrition investigations have included researches upon the preparafore, he indicated in English. tion of some of the most important

waste material and 43.5 cents for ed-

ible meat divided as follows: eighteen

cents for water and 25.5 cents for

The same roast, boned and rolled

accompanying broth or drippings,

the actually nutritive material.

of the raw meat.

been obtained.

lection.

The third reason is a very practical articles of diet, particularly bread one. Suppose a physician should able that the investigations upon the write a prescription in English. The and meat. It seems especially suitpatient, if it is to be supposed, reads chemistry of meat should be carried the prescription, thinks he remem on in Illinois, which contains the bers it, and so tries to get it filled greatest distributing centre for this from memory the second time. It food in the world. may, for instance, have called for At the University of Illinois several lodide of potassium, which the palaboratorics of the Department of tient, a careless or uneducated man Chemistry are devoted to this study. perhaps, confuses with cyanide of Not only are different cuts and kinds potassium. Of the first drug he of raw meat analyzed to discover could safely take ten grains, but one differences in composition and theregrain of the second would kill him fore in nutritive value, but they are Perhaps the above is an extreme also cooked in various ways to deterassumption, but it will serve as an mine the comparative value of difillustration. In this respect Latin le ferent methods of cooking, the losses a positive protection and a safeand changes in composition which guard to the patient. The average occur, and the influence of these upon patient, not being able to read Latin, the digestibility of meat. cannot therefore have recourse to A standing rib beef roast, for inhis memory stance, is shown by analysis to con-The final reason is this: Latin is a sist of forty-two per cent. refuse or language used by scientific men the inedible material, bone and gristle, world over. No other language is so twenty-four per cent. water, twentyhonored. A Latin prescription may six per cent. fat, seven per cent. probe filled in any country on the face teld (muscle-building substance), 0.7 of the earth where there is - crus per cent. organic extractives. Therestore. fore, if one pays seventy-five conis for a five-pound roast of this character, thirty-one cents goes to pay for

# COMMERCIAL COLUMN. Weekly Review of Trade and Latest

Market Reports.

#### R. G. Dun's "Weekly Review of Trade says:

Traffic delays, high money and some unrest in the ranks of labor have not yet checked commercial progress on the whole, although in special industries or localities that the restraining influence of these adverse factors are felt. Some irregularities of temperature also provide the week's trade reports with less uniformly glowing descriptions of retail distribution. Wage earners are agitating for more pay or shorter hours in several industries, especially in the railway service. Already manu-facturers and dealers are making plans for the greatest husiness on record in jewelry and other holiday

A further advance of about fifty conts per ton in the price of pig iron is the best evidence of continued osperity in that industry.

Improvement in the primary mar-ets for cotton gools has gone so far that conservative operators begin to express a fear that a set-back will e encountered through the curtailment of consumption.

'Bradstreet's" says:

Business failures in the United States for the week number 184, against 170 last week, 178 in the like week of 1905, 180 in 1904, 217 in 1903 and 194 in 1902.

Wheat, including flour, exports rom the United States and Canada or the week aggregated 5,188,817 bushels, against 4,931,841 last week, 4,267,109 this week last year, 1,479, 613 in 1904 and 6,672,888 in 1901 Corn exports for the work are are 1,495,111 bushels, against 1,319,036 last week, 708,138 a year ago and

449,151 in 1904.

## Wholesale Markets,

Baltimore, Md .- FLOUR-Steady

Baltimore, Md.—FLOUR—Steady and unchanged; receipts, 13,725 bar-rels; exports, 15,705 barrels, WHEAT — Firmer; spot contract, 75 ¼ @ 75 ½; spot No. 2 red Western, 80 @ 80 ½; October, 75 ½ @ 75 ½; November, 75 ½ @ 75 ½; December, 77 ½ @ 77 ½; steamer No. 2 red, 69 ½ @ 60 ½ 62 63 14

CORN-Firm; spot, 52% @52%; Ortober, 52% @52%; year, 47% @ 47%; Januarv, 57% @47%; Febru-ary, 47; steamer mixed, 51% @51%; receipts, 62,222 bushels; exports, 17-142 hushels; Sonthern white corn, 54 @56; Sonthern yellow corn, 54@

OATS-Quiet; No. 2 white, 28% #3941 No. 1 white, 374 @ 284;
 No. 2 mixed, 27@374.
 RYE—Firm; No. 2 Western ex-

port, 66@67; No. 2 Western do mestic, 72@73. RUTTER-Steady and uncharged;

fancy imitation, 21 @ 22: fancy creamery, 27 @ 28: fancy ladle, 18 @ 20; store backed, 16 % @ 18.

EGGS-Firm, 24. CHEESE-Active and unchanged: arge, 13%; medlum, 13%; small 14 14

SUCAR-Steady and unchanged: oarse granulated, 5.20; fine, 5.20.

New york. - BUTTER - Firm cription in Latin instead of English? street price, extra creamery, 27; offield prices, extra treamery, common to extra, 19622614; held seconds to ex-tra, 21@2614; State dairy, common to fancy, 19@2514; renovated, com-In the first place, Latin is a more xact and concise language than Engmon to extra, 16 @ 22

mon to extra, 16 @ 22. EGGS—Steady; Western firsts, 25; official price, 24 36 @ 25. POULTRY—Alive, guidt; Western chickens, 11; fowls, 13; turkeys, 14; dressed, irregular; Western chickens, 10 @ 15; spring turkeys, 11 @ 14; fowls, 10 @ 1216 Secondly, since a very large pro portion of all drugs in use are botanical, they have in the pharma-

copoela the same names that they have in botany-the scientific names. Two-thirds of such drugs are withtowls, 10何13站. LARD - Firm: Western prime, 55 @ 9.65; refined, steady; com-bund, 71% @ 7%. out any English equivalents for their 9.55 1 Latin names. They cannot, there-

pound. PORK-Firm; short clear, 16.75@ 18.50; mess, 18.00@18.75.

COTTONSEED OIL-Easy; prime ude, f. o. b. mills, 29; do. yellow,



ceeding vigorously with the development of its urban transportation sys-An order has been given for tern 180 British-made electric trolley cars.

#### The Ideal Family Laxative

The Ideal Family Laxative is one that can be fixed by the entire family, young and old, weak and strong, without any danger of harmful effects. It should have properties which insure the same dose always having the same effect, otherwise the quantity will have to be in-creased and finally lose its effect alto-gether. These properties can be found in that old family remedy. Randreth's Fills, because its ingredients are of the purest herbal extracts, and every pill is kept for three years before being sold, which al-lows them to mellow. We do not believe its a faxstive on the market that is so carefully made. Brandreth's Fills are the same fine lax-five tonic pill your grandparents used. They have been in use for over a century and are sold in every drug store and medi-

and are sold in every drug store and medi cine store, either plain or sugar-coated.

With the exception of the stage vil-lain, every man has his good points.

### A Woman's Back

Has many aches and pains caused by weaknesses and falling, or other displacement, of the pelvic organs. Other symptoms of female weakness are frequent headache, dizziness, imaginary speeks or dark spots floating before the eyes, gnaw-ing sensation in stomach, drugging or bearing down in lower abdominal or pelvic region, disagreeable drains from pelvic organs, faint spells with general weakness. If any considerable number of the above

If any considerable number of the above symptoms are present there is no remedy that will give quicker relief or a more per-magent one than Dr. Pierce's Favorito Presedent It has a record of over forty years of current it is the most potent invigoration to medical science. It is made of the giveric extracts of native medici-mal roots found in our forests and con-tant roots found in our forests and connal roots found in our forests and con-tains not a drop of alcohol or barmful, or habit-forming drugs. Its ingredients are all printed on the bottle-wrapper and at-tested under oath as correct.

tested under oath as correct. Every ingredient entering into "Fa-vorite Prescription" has the written en-dorsement of the most eminent medical writers of all the several schools of prac-tice-more valuable than any amount of non-professional testimonials-though th-latter are not lacking, having been con-tributed voluntarily by grateful patients in numbers to exceed the endorsements given to any other medicine extant for the cure of woman's Ills. You cannot afford to accept any medicine of unknown composition as a substitute

You cannot afford to accept any medicine of unknown composition as a substitute for this well proven remedy or known conrostrios, even though the dealer may make a little more profit thereby. Your interest in regaining health is paramount to any selfish interest of his and it is an insult to your intelligence for him to try to palm off upon you a substitute. You know what you want and it is his bust-ness to supply the article called for. Dr. Pierce's Piensani. Pellots are the original "Little Liver Pills" first put up by old Dr. Pierce over facty years ago, much imitated but nover equaled. Little sugar-coated granules-casy to take as candy.

## What She Remembered.

Hushand--- "Many people at church his forenoon, dear?" Wife-"Yes, a large number." 'Good sermon?' "Delightful." "What was the text?"

ready for cooking, would weigh about three pounds, forty-four per "It was-it was-well, really, cent. of which would be water, twelve have forgotten." per cont. proteid, 1.4 per cent. or-"Humph! Was Mrs. Purling ganic entractives, forty-one per cent. there?' fat, and 0.6 per cent ash. After cooking it would weigh two nulls "She was."

"What had she on?"

half pounds if cooked very rare, and "Well, she had on a fall wrap of contain forty per cent. water, fourvery dark Pompellan red cloth, with teen per cent. proteid, forty-three per narrow insertions of black velvet in cent. fat, 1.5 per cent extractives, the sides of the skirt. A small yoke and 0.7 per cent, ash. Having lost trimming of the velvet covered the more of water than of the other conupper part of the chest, and was outstituents during cooking, it has belined with mixed tinsel braid. A narcome more concentrated, and a pound row braiding girdled the waist, and of the cooked meat contains as much the cuffs were ornamented in the nutritive material as eighteen ounces same way. It had a cape attachment pleated upon the shoulders, and at-It is difficult for the uninitiated to tached by other pleats at the waist

appreciate the extent of the work inline, giving a dolman appearance to volved in such investigations, but the back. Shesome idea may be gained from the "That'll do. I don't wonder that

fact that a single cooking experiment. you forgot the text!"-Daily Picaincluding the analysis of the meat yune. before and after cooking and of the

#### Fees For Technical Examination.

means that one hundred and forty The fees for the examinations of chemical determinations must be made-sufficient work to take all of the German technical high schools one man's time for three weeks. have been fixed on the following Moreover, each cooking experiment scale: For the preliminary diploma examination, sixty marks for naturalmust be repeated a number of times, ized Germans, 120 marks for foreignin order to collect sufficient and indisputable evidence to justify definite ers; for the diploma examination. 120 marks for Germans and 240 onclusions. In the course of these marks for foreigners; for the doctor of engineering examination, 240 marks, investigations nearly a hundred raw neats have been analyzed, and three hundred cooking experiments per-formed. Results which are of pracof which the first half is to be paid when the examination thesis is handical as well as scientific value have ed in, and the remainder before the oral examination is taken.

SUGAR-Raw, steady; fair refin-

ing, 3½; centrifugal, 96 test, 4; molasses sugar, 3 ¼ ; refined, steady, POTATOES—Irish, steady and unchanged: sweets, wei.k; Jerseys, per barrel, 1.00 @ 1.50.

barrel, 1.00 @ 1.50.
WHEAT—No. 2 red, 79 ¼ elevator: No. 2 80 ½ f. o. b. afloat: No. 1
Northern Duluth, 87 ¾ f. o. b. afloat: No. 2 hard winter, 82 ¾ f. o. b. afloat.
CORN—No. 2, 54 ½ elevator and 55 f. o. b. afloat: No. 2 yellow, 55 ½:
No. 2 white, 55 ½. Option market was without transaction, closing net unchanged; January closed 50; May closed 49 5 i. December closed 51 ¾. closed 49 %; December closed 51 % OATS-Mixed oats 26 @ 32 pounds 38 1/2: natural white, 30 @ 33 pounds, 39 @ 40 1/2: clipped white, 38 @ 40

pounds, 39 1/2 @ 43 1/2.

#### Live Stock.

New York. --- BEEVES --- Feeling dull: dressed beef in fair demand; native sides, 7@9%c. per pound; Texan beef, 6@71/2c. CALVES-Westerns and grassers

not wanted. Veals, 4.50@ 8.50; culls and little calves, 3 50@ 4.00; Westerns and grassers, nominal; dressed calves, dull; city dressed veals, 8@ 3c. per pound; country dressed, 7@ 12c

12c. Chicago.—CATTLE—Fancy steers 8.75 @ 7.30; common to good, 5.00 @ 6.65; cows, 2.75 @ 4.90; heifers, 2.50 @ 5.25; bulls, 2.40 @ 4.25; calves, 4.75 @ 7.75; steckers and feeders, 2.25 @ 4.50 2.25 @ 4.50.

HOGS—Choice heavy shipping.6.55 @ 6.6214; Hight butchers, 6.50@ 6.60; choice light, 6.45@6.55; light mixed, 6.30@6.40; packing, 5.50@6.40; pigs, 5.25@6.15. SHEEP-Sheep, 4.50@5.75; yearl-ings, 5.50@6.25; lambs, 6.00@7.60.

### WORTH REMEMBERING

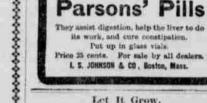
Traveling in Spain is not expen-sive, the charges in comfortable hotels being only \$1.35 a day. The Canadian wheat crop for this

season is estimated at 90,000,000 bushels by a Montreal writer. The 1905 crop amounted to \$5,000,000 bushels.

J. B. Martin, an Ohto man, who own large mining properties in Alas-ka, asserts that he will give \$500,-000 a year to the cause of prohibi-

Lord Townshend, declared an im-becile by the English courts and re-strained from managing his own af-fairs, retains his seat and vote in the

fairs, retains his seat and vote in the House of Lords. The Bengal government pays a re-ward for sharks caught in the Gan-ges. This varies from 25 cents for smaller sharks to \$1.50 for those six feet long. A man has been doing a good husiness in London peddling "bright green American tree frogs" at 65 cents each. When the color wears off they are found to be ordinary English frogs.



First Bug-Who on earth is that long-haired individual? Second Bug-That's Mr. Cater-

pillar. He made a freak election pillar. He made a freak election pledge 10 years ago never to cut his hair again until W. J. Firefly be-comes President.—Kansas City Times.

Where Anonymous Writers Go. Miss Gush-Oh! guard, what is the name of that handsome prisoner" The Guard-Number 2204, miss Miss Gush-How queer! But, of course that's not his real name?

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be a cold

room in the

house if you own

A PERFECTION OIL

Heater. This is an oil

heater that gives satisfaction

wherever used. Produces intense

heat without smoke or smell because it is

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no danger. Easily carried around from room

to room. You cannot turn the wick too high

or too low. As easy and simple to care for

The Guard-No, miss; that's just his pen name.-Brooklyn Life.

You an Extra

Room

to

as a lamp. The

**PERFECTION** Oil Heater

(Equipped with Smokeless Device.)

is an ornament to the home. It is made in two finishes—nicket and japan. Brass oil fount beautifully emboared. Holds 4 quarts of oil and burns 9 hours. Every heater warranted, Do not be satisfied with anything but a PERFECTION Oil Heater. If you cannot get Heater or information from your dealer write to nearest agency for descriptive circular.

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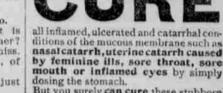
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