

HEALTH NOTES FOR

August is the month of Internal The mucous mem catarrh. The mucous mem-branes, especially of the bowels, are very liable to congestion, causing sammer complaint, and catarrh of the bowels and other Internal organs. Pe-ru-na is an excellent remedy for all these nditions.

American Fisheries.

According to the figures given in the statistical abstract for the latest reported years the annual product of American waters, fresh and salt, has a value of about \$50,000,000 exclusive of the salmon, seal and other products of Alaska. This includes fish of all kinds, oysters and clams, frogs, sponges, terrapin, whale-bone and alligator hides. Nearly one-quarter of the total is represented the clams and oysters of the New York market. Another quarter is represented by New England's sup-ply of fish of all kinds, oysters, eels ind whale oil included. The Great Lakes produce nearly \$3,000,000 worth of fish, principally trout, whitefish and lake herring. The Paofie Coast States are credited with \$3,400,000 worth of salmon (1904) and \$1,000,000 worth of oysters. The cod and the mackerel of the Eastern Coast for the years quoted show a value of about \$3,500,000 .--New York Sun.

as a rock.

Power Of The Waves.

The power of the waves, says M. Brounin in La Nature, is the sum of two efforts, one dynamic and due to the orbital movement of the water particles, the other static, and dependent on the height of the center of gravity of the mass raised above its normal position. Theory and ob-servation seem to show that the to-



THE SEA-MARSH.

The Delights of Solitude in a Boat.

most convenient cottage ever built became more client. The beat of harmless waves on the sand-barriers remains in the same place. beyond the flats made a monotone The boat was lying in a creek on the Norfolk coast, secure from the which was almost like silence. The highest wind that a winter night high ground inland --ingled with the could bring. To be truthful, the high inky cloudbank, but still a church tide just lapped her sides without with a nobly proportioned tower making her float. The sensation of stood up clear and grand, and seemed. hearing a gale blow outside a room to be thrusting its way across the where the curtains are drawn and horizon like a great liner on a sable the fire burns bright has become a ocean. kind of traditional satisfaction, cele-The darkness increased. A pabrated for us everywhere in literament of ducks in a mere inland

ture. But to those who are bad sail-ors, at all events, there is still more Stints, knots, and curlews told one Stints, knots, and curlews told one curious satisfaction in hearing squalls in rigging while the ship remains firm night had come. The sucking, gurgling sounds waxed in the creek as the There is no bit of coast in Eng- tide flowed; the ice was rent with land quite like that which stretches from Wolferton to Wells. It is the water heaved it upward. Surely the Norolk margin of the shallow Wash. ducks must have all passed over our It is gaining on the sea, in accordheads already, very high up, as their ance "ith the principle that our custom is, when there is no wind. A coast gains where it lies low and re- gale is necessary to beat them down. ceives continual accretions of sand, Just when we had almost given up and loses where it is high and is un- hope a quacking sound from the sea dermined by the sea beating on the came near and louder, and the air base of cliffs. To a stranger who shivered with the whirr of wings.

has not studied his map, it is al- One might have fancied strangy ways puzzling to find that though things in that dark, eerle space, after he is on the East Coast he may see the long wait with strained eyes and the sun set in the sea, and tatch a cars. The beating of the dark wings heavy sea roll in when the wind is might have been mystical tongues. from the west. The unrivalled charm Hundreds of ducks passed 'too high of this wild coast, however, is the up for a shot, but three came rather salt marshes and flats guarded by lower, with a meteoric curve, aiming barriers of sand further out to sea. for the dyke behind us. It was a These marshes and mud flats are longish shot, but the choke barrel filled with an extraordinary variety carried far enough, and the satisfacof birds, and are one of the favorite tory thud of one of the three falling arriving places of birds in the autumn on the frozen earth proclaimed more immigration. The present writer than one could see. That was all has watched the immigrants arrive on right, and the dog's nose would not an autumn day, not volleying across fall because it was dark. More wings the sky in delirious flight, as they beat over our heads; a bird whistled are sometimes said to do, but flying past like a bullet and came down on with the measured, deliberate air of to the ice behind, but it was invisirather tired but still resolute pil- ble. Our bag was the smallest possigrims; flopping and iolioping they ble, it is true, but the bag did not came, yet never deviating from the matter; the experience was one of straight line. those that count in the memory of a As one looked seaward beyond the lifetime .- The Spectator. Mineral Wealth. In Line. A rather surprising exhibit is made The members of the Johnson famin a table just published by the ily had a singularly dispassionate United States Geological Survey, in- way of speaking of one another, but



from books and papers; reported lec

By acquainting myself with all the

Various Types of Women.

make up a world," observed the Com-

the sensible nose and the wide-open

rious girl. She has the knotty fore-

head of a profound thinker. Does

she ever laugh, I wonder? I can im-

agine an icy smile blowing frigidly

about her lips upon proper occasions.

"A distinctly third type of woman

"Now, what in common have any

mouth, and false hair, done up in

style too youthful by forty years?

belligerently on toes, and dealing an-

gry scowls right and left as she goes.

FRILLS

There seems to be some falling off

Buckles of silver in varying size

Blues and browns worked solid

Long coats are seen in many dif-

Very pale tan shoes and stockings

ferent materials, from Venetian to

Irish lace, and English embroidery to

FASHION

"It takes all kinds of women to

Industrial Conditions

The French Government has in- tures and sermons, etc., believing that trusted to Mme. Laurence Fiedler, of the best way is to deserve promotion Paris, a mission to make an exhaust- and it will come. If we seek adive investigation into the social and vancement our minds must expand, industrial conditions of women and and this can only be done by acquirchildren in America. The purpose ing knowledge. of her work, Mme. Fiedler says, is to details of the business, remembering raise the standard of women's wages how matters were handled, and asin France, as well as the social standsisting my employer in every way possible-believing that if it was ard of her country women in eve: department of industrial and comvercial work.

Woman as a Harvest Hand.

For the first time in the nistory of soon found that my employers considered me valuable to them and my a labor bureau in St. Joseph, Mo., a salary was increased accordingly. woman, 1 - Bradley Floyd, of Highland, Kan., applied for labor as a tion, I should say that the way to harvest hand. She contracted for a succeed is not to go from one position job at shocking wheat at \$3.50 a day, and, accompanied by her hus- to another, but to keep up with the requirements of the age and be ready band and others, started for the harto take advantage of it when cn vest fields of Western Kansas.

"We are paying for a little farm," portunity offers. - F. E. D., in the New York Journal. she said, "and by both of us earning good wages and getting our board free this summer, we can shave quit: a little off the mortgage on the place."-Kansas City Journal.

Mistress and Maid.

"The root of the domestic tri to dies which make matter for conversation over so many cups of tea is that the mistress has never tried to do what she expects her servant to do," says an observing housekeeper. The mistress says to the maid, 'Do this,' and she does it, and then she goes on saying, 'Do something else,' until the girl takes her for a br. ic whereas she is only stupid --- ignorant. If she had only learned by toilful experience how much trouble it takes to keep a household in running order she would be more careful about the needless labor she caused. -New York Tribune.

A New York woman, who has a summer home in the Catskills, was delighted a few days ago when some of the native children brought her a flower which appeared to be a rare orchid. She promptly offered the children three cents apiece for each plant of the kind that they would bring her.

I'll bet she converses in Sanskrit, and ing sixty plants of the desired va-riety. The second day the force of laborers, was augmented by small every child for miles around, bring in all three hundred orchids.

and introspective. Much effort might The third day farmers who had induce her to blossom into fun and been working in the neighborhood happiness. But you can't imagine continous small explosions as the with their teams abandoned all other her forgetting herself so completely occupation for the gathering of oras to make other people laugh, can chids, with the result that the birer you? - like our jolly friend there had to tak : 3600 of the plants, all of with the firm, rounded chin. the same variety, before she could call off the contract. of them with the next woman-that

female of fifty summers and over, Orchids From Potatoes."-New York with dangle earrings and simpering Press.

Spanish Marriages.

Never, if those other girls live to a There has just taken place in Mahundred years could they grow to drid a little romance that reads like bear even the faintest resemblance to a page from the life of the Middle that! Ages. The parties are a daughter of "The fifth and last woman. Well, the Marquis de Conquista and the son if you don't believe she's different, of the Marquis de Villareal. .: love watch her when she gets out. Those affair had arisen between the pair, little shifting eyes and receding chin, but the parents of the young lady and pugnacious nose, and tight-set were hostile, and took her away from lips mean trouble. First time ever l Madrid. After some time the lover saw her she was raising a row in a found her in the village of Trujillo, restaurant. She's the kind. Carries

A TERRIBLE EXPERIENCE. How a Veteran Was Saved the Am-

putation of a Limb.

B. Frank Doremus, veteran, of Roosevelt Ave., Indianapolis, Ind., says: "I had been showing symptoms of kidney trouble from the time I was mus-

tered out of the army, but in all my life never suffered as In 1897. Headaches, dizziness and sleeplessness, first, and then dropsy. I was

weak and helpless, having run down from 180 to 125 pounds. I was having terrible pain in the kidneys, and the secretions passed almost involuntarily. My left worth while to do a thing it was sureleg swelled until it was 34 inches ly worth while to do it weli-my first around, and the doctor tapped it position was a successful one, and I night and morning until I could no using Doan's Kidney Pills. The swelling subsided gradually, the If one is dissatisfied with a posiurine became natural and all my

pains and aches disappeared. I have been well now for nine years since using Doan's Kidney Pills." Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

Manila Hemp.

Manila hemp is the most valuable cordage fiber in the world. It has been an important article of commerce for over 100 years. The first shipment to the United States was made about 1824. It is interesting to note that the pioneers in the export of hemp from the Philippines were American houses that were es tablished in Manila about that time and that for 50 years thereafter the American houses of Russell & Sturgis and Peele, Hubbard & Co. con trolled this trade, making advances to the growers and stimulating the production. It is therefore largely owing to American enterprise that Manila hemp is an article of world commerce today.

Manila hemp cannot, apparently, be successfully grown in any other part of the world. It is mainly raised on the Islands of Luzon, Sa mar, Leyte and Mindanao. The Province of Albay, in Luzon, usual-The produces over one-fourth of the total crop.

Annual Marriage Fair.

The recent annual marriage fair at Ecaussines, Belgium, resulted in 27 matrimonial engagements, and it is probable that about a dozen more bachelors will shortly make up their minds to enter the state of wedlock. Every year this fair is held, so that instead of emigrating the young men may may settle down at home. Maidens and bachelors lunch together, and opportunities are thus afforded for forming acquaintances. The young women wear their best dresses, and the bachelors are encouraged by mottoes posted in the market place, such as "A bachelor is only bull a man."

Sidewalk Of Mahogany.

William H. Tripp, of Janesville, Wis., is believed to be the only man in America who can boast of having a mahogany sidewalk in front of his home

Recently he had a consignment of goods from the West Indies. The goods came in mahogany barrels The from which he had a sidewalk built

FITS, St. Vitus'Dance: Nervous Diseases per-manently cured by Dr. Kline's Great Nervo Restorer. & trial bottle and treatise free. Dr. H. R. Kline, Ld., 201 Arch St., Phila., Pa. Many a government forcaster has

NO RELIEF FROM ECZEMA

For Over Two Years-Patent Medicines, Quack Cures, and Even Doc-

Making Things Easy.

It was hard to speak a dishearten-ing word to the smiling Irish maid who seemed so eager to secure the situation, but even at the end of three days spent is employment of-fices Mrs. Gregg's sense of justice was keen was keen.

"I cannot let you come thinking you are to have an easy place." she said, with wistful earnestners, "for it isn't. There the five of us and there's a great deal to do."

"Oh, but you don't know me, ma'am." said the dauntless maid. "I can make any place I take alsy by jist lavin' out a little wurrk here an' a little wurrk there, ma'am.

"If that's all that's troublin' you you've no need to consider it at all!"

Peace-Loving Kansas.

Out in Grant County the first jury trial in 10 years was held last week -and this trial was over a trifling damage suit that had no business in court. Not only was there not a criminal action in that time, but tonger stand it, and then he advised there was not even a civil dispute amputation. 1 refused, and began that required the services of a jury. The The people of Grant County have little use for a court.

The prohibitory law has always been enforced in nearly all of the short-grass countles. Few of them have jails, and the few jails there are in Western Kansas rarely have an inmate from one year's end to another.





Poor paint is for temporary appear

Pour pains ance only. Paint made from Pure Linseed Oil and Pure White Lead is for lasting and for protection. It appearance and for protection. It saves repairs and replacements costing many times the paint investment. The Dutch Boy trade mark is found only on kegs containing Pure White Lead made by the Old Dutch



NATIONAL LEAD COMPANY

New York, Hoston, Buffalo, Cloveland Charinaati, Chicago, St. Leuiz, Philade phia John T. Lewis & Bros. Co.], Pittaburg (National Lead & Oil Co.]



Mica Axle Grease

-The longest wearing and most

satisfactory lubricant in the world.

STANDARD OIL CO.

To convince any woman that Pax-tine Antiseptie will improve her health

extra

way of laughing. Not a bit pretty, is she? But so frankly good humored and unaffected that she'll keep those two men interested all the way into town. Hasn't she the most delightful way of thrusting out her chin, and narrowing her eyes, and wrinkling up her face when she laughs? She has charm, that's what A Bargain in "Orchids." she has. If she weren't so sweettempered and jolly she would be homely. "On ahead there is an awfully se-

Next day the group returned bear-

teaches slum children for diversion. is the girl opposite. Pretty, isn't she? ---or would be if some one came along to wake her up. Too timid

She is now studying "How to Tell

muter. "How superficial is he who classes all women as 'Women,' just as he says, 'cats' or 'geese'-as if by virtue of their sex they all had the same traits, habits, characteristics and effect! There is more resemblance between men of a certain type and women than there is between two different types of women. 'See the jolly girl over theregirl with the firm rounded chin and

tal power of waves is divided equally between these static and dynamic If a body of water meets effects. the wall of a structure there is a shock, and this is most violent a the water surface, diminishing with the depth. At the moment of meeting jets of water rise sometimes to very great heights.

Ambiguous.

Pirson-Where is the other man who used to be here as keeper? Park Gatekeeper-He's dead, sir. Parson (with feeling) - Dead? Poor fellow! Joined the great ma-lority. sh? jority, ch?

Park Gatekeeper-Oh, I wouldn't like to say that, sir. He was a good enough man as far as I know. -Punch

And the man who sells parasols is engaged in a shady business.

High-Priced Meat may be a Blessing

If it gives one the chance to know the tremendous value of a complete change fo diet.

Try this for breakfast:

A Little Fruit, A dish of Grape-Nuts and Cream A Soft-Boiled Egg, Some Nice, Crisp Toast, Cup of Well-made Postum Food Coffee.

That's all, and you feel comfortable and well-fed until lunch.

THEN REPHAT,

And at night have a liberal meat ad vogetable dinner, with a Grapeding for dessert.

ach a diet will make a change in our health and strength worth trial.

There's a Beason."

ad "The Read to Wellville," in plan.

dicating the value of mineral pro- they were all on amicable terms. duction in each of the States of the "My wife wanted me to tell you Union for the year 1905. Most peoshe'd had a letter from Chicago," ple would fancy that the regions said Mr. Gregg, after delivering a which yield gold and silver would package of newspapers to Miss Auhold the first place in such a list, but rena Johnson. "Your brother Phil-such is not the case. The figures for ander's married."

Colorado "\$59,280,994" and Califor-"I guess 'tisn't Philander. She nia "\$43,406,258" are surpassed by means Emery, most likely," said Miss those for Pennsylvania, Ohio, Illinois, Aurona, after a moment's reflection. Michigan, West Virginia, New York 'You know there's two 'of 'em in and Montana, while those for Ala-Chicago. I s'pose she heard through mama "\$53,585,288" come between Ellen's folks.

those which represent the yield of "Yes," said Mr. Gregg, "but she precious metals. Conl, iron and cesaid Philander, I'm sure." "Well, it may be," said Miss Johnment quite overshadow gold and sil-

son. "I haven't heard direct from These statistics have been pre- either of 'em for more'n two years; pared in such a way that pig iron is, it's my fault, for I'm no hand to included, because it is a raw matewrite-but they aren't, either. But rial, though in one sense a manufac-I always felt that Philander would be tured article. Michigan iron ore and the one to die, and Emery the one to metallic copper together are valued marry, according to their natures." at about \$\$0,000,000, whereas iron "It's Philander," persisted Mr. furnaces help to swell the showing of | Gregg. "He's married a widow-Illinois to \$105,065,657. Ohio to wice bereaved, she's been." "Oh, well, that may be Philander." \$169,263,710 and Pennsylvania to \$569,828,673. Other instances of said Miss Aurena, with less doubt in duplication are afforded by pig lead her voice. "That sounds a good deal and lead paints, clay products and more likely than I thought at first. raw clay, coal and its immediate deri--Youth's Companion. vatives, (coke, gas coke, illuminating

gas, ammonium sulphate and coal tar) bauxite (an ore), and aluminum (the metal derived from it).

vor.

Irving and His Cats. counsel in a case that was before him, "that insurance companies in-A new story is told illustrating Sir Henry Irving's kindness of heart. An old lady came to him asking employment He telephoned to his business manager inquiring if there was any em-ployment at the theatre that could be Dally Mail. cound for her. "Absolutely nothing

nothing at all." Irving suggested that she might

look after the cats. The manager telephoned back that there were al-ready three women looking after the plied. "How old are you?" asked the teacher. "Ay not no how old ay bane." "Well, when were you born?" continued the teacher. "Ay not born at all, ay goi stepmutter."--Kansas "Well," said Irving, "you must find har something. Let her look af-ter the three women that are looking

taking with him a motor car, a chip on her shoulder-has a tretook her back secretly to Madrid. mendous sense of her own impor-From this point everything was plain tance, and is always watching out tc sailing. They reached the city early see that nobody disputes it.

in the forenoon, and, going straight "When the train stops the timid to a church, where mass was in progirl will sit still till the car's empty; gress, watched till the priest faced the girl with the knobby forehead the congregation to give the blessing. will quietly slip into line and go out when, slipping on their knees, with with the procession; the sentimental hands clasped, they each repeated spinster will smirk all around waitthe little formula necessary for coning for some man to give place to stituting the "marriage by surprise" her; the jolly girl will go out care which in Italy and Spain used not to fully shielded from the crush be be uncommon 250 years ago, when tween her two friends, and still' turbulence and terrorism sometimes laughing.

justified such a stratagem. The But the pugnacious woman, with young couple made no secret of their shifty eyes and aggressive nose, will union, and the bride's parents have be on her feet before the train stops, since elected to make the best of the and push and bruise and beat and "scomplished fact .-- London Liobe. batter her way to the door, treading

Good Manners.

Unselfishness is truly the founda-'And yet you say 'Women!' as if they were all alike," sighed the Comtion of good manners, but not the sumuter. "These are only five types. perstructure. Many conventional restrictions have grown about social And there are just as many more relations. Some can be explained by millions types as there are women in the world."-Philadelphia Bulletin. the demand of kindness and some cannot. Could a child infer from his

desire to help others that he should not eat with his knife? .Aany offenses against good taste interfere in some way with the rights of others, but many others do not. Still, no set of rules to produce :

polished lady will achieve a result fit for the strain of life. The manare frequently worn with woolen ners of the French boarding school street suits. may adorn the ballroom, but are too likely to fail at the breakfast table in the popularity of colored stones or in the crowded car. The woman for ornaments. of perfect manner; must reinforce her unselfishness by social rules, and conventionality must be vitalized by on numerous costumes. the warm desire of others' pleasure. The best of life never "comes naturally," whether in manners or morals. The secret of charming manners is of the favorites of the moment. the desire for them. When the mother wishes them for her daughtor as and outlined with black are very efmuch as she wishes the other goods fective for crash porch cushious and

of the world her daughter will have table covers. them .-- New Haven Register.

How She Won Success. "Steadiness and perseverance are

ever sure of their reward." Sallor hats whose crowns are cov-I studied shorthand at home, and ered all over with fluttering coque feathers are very chic, the white kept at it until I could take dictation at a moderate rate of speed and feathers being especially smart when transcribe it accurately. so used.

When I accepted my first position I realized that the lack of business are in better taste with a frock of the same color than are shoes of the experience would prevent me from demanding much salary, and so I started in for a small amount, mak-ing up my mind that I would learn "all about the business" and make color introduced into the trimming of the frock.

Given white dimity, colored China myself as valuable as possible to my omployer. I practiced writing short-hand whenever I could get anyone to read for me in the evening: copied silk fr- lining, with face motifs and edging for decoration, one could make one of the dalutiest matinece maginable.

plain linen.

tors Fail-Cuticura Succeeds. "I was very badly afflicted with eczema for more than two years. The parts af-fected were my limbs below the knees. I tried all the physicians in the town and some in the surrounding towns, and I also tried all the patent remedies that I heard of, besides all the cures advised by old

of, besides all the cures advised by old women and quacks, and found no relief whatever until I commenced using the Cutienra Soap, Cutieura Ointment and Cutocura Resolvent. In the Cutieura Rem-edies 1 found immediate relief and was soon sound and well. C. V. Beltz, Tappe-cance, Ind., Nov. 15, 1905."

Give the inchworm time and it will ain a foothold.

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

A woman's idea of political ambition is how you would have to dress for it



Waistconts of embroidered linen

Virtue is its own reward because nobody else will give any.



appear on shoes, belt and arm bands is the oldest "Tortoise shell" is a new light the Poloman golden or yellow brown, and is one

DOUGLAS \$3.00 & \$3.50 SHOES THE WORLD \$25,000 Boundary 008 not muho 4 Reward (than any a

the heat shoe dealers energy he be to protect you against in the heat shoe dealers energy heat when the base of the second state of the second sta

TELEGRAPHERS WANTED Frite for Outalog NATIONAL TELEGRAPH AND THE

sure against a successful appeal by the other side?" "Yes," answered the other side?" "Yes," answered the learned gentleman. "I have been old so. And they have different rates for different judges."-London

A Boy Topsy.

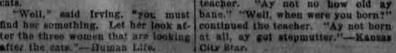
Freak Insurance.

"Is it a fact?" asked a judge-

Justice Darling-the other day, of

82.2

Out in Downs a little Swede boy went to school and the teacher asked bis name. "Youny Olzen," he re-







ommending it every day. So conta al oruggists or by mail. Ecmember, however, IT CONSTS YOU NOTHING TO THEY IT. THE R. PAXTON CO., Boston, Mass.

DROPSY NEW DISCOVERY: burd cater, Book of testimustals and 100 Days' treatment breen, Dr. H. H. EMERS'S BORN, Roy S. Atlanta, Sa.

G. M. SMITHDEAL, Pretisent, Richmond, VA ADVERTISE IN THIS PAPER IT WILL PAY