

MAN-A-LIN
 THE IDEAL LAXATIVE
 MADE FROM CONFECTIONERY AND SWEETENERS

MAN-A-LIN is An Excellent Remedy for Constipation.

There are many ailments directly dependent upon constipation, such as biliousness, discolored and pimply skin, inactive liver, dyspepsia, overworked kidneys and headache.

Remove constipation and all of these ailments disappear.

MAN-A-LIN can be relied upon to produce a gentle action of the bowels, making pills and drastic cathartics entirely unnecessary.

A dose or two of Man-a-lin is advisable in slight febrile attacks, la grippe, colds and influenza.

THE MAN-A-LIN CO., COLUMBUS, OHIO, U. S. A.

Rescue Apparatus For Mines.

Reported successful experiments have been conducted in a Yorkshire mine with two kinds of artificial breathing apparatus to enable rescuers to work in irrespirable air after an explosion. A portion of the mine had been provided with the conditions existing after an explosion. Four men were equipped with the contrivances and remained in the place several hours engaged in such work as would be necessary after an explosion. It is believed that these devices would enable a corps of trained men to enter a mine filled with foul air, to restore the ventilation and to save many lives.

Small Slices.

"The bill of fare for Sunday dinner will be shredded chicken instead of baked chicken," announced the old farmer to the group of city boarders.

"H'm!" grunted one pessimist, "what caused the change?"

"What caused the change? Why, by heck, one of them that racing automobiles just ran through my whole flock of poultry."—Chicago News.

Not The Real Thing.

Clara—"I'm going to break off my engagement with Tom. I find I do not love him."

Maude—"Indeed! When did you make the discovery?"

Clara—"Last night. I saw him out riding with another girl, and I didn't feel like pulling her hair or scratching her eyes out at all."—Chicago News.

Modern Education.

"Fifth grade next year, Johnny?"

"Yes, sir."

"Ah, you'll be in fractions or decimals then, no doubt?"

"No, sir; I'll be in headwork and perforated squares."—Washington Herald.

Revised Version.

My Bonnie lies under the auto; My Bonnie sweats under the car. Please send to the garage for someone.

For 'tis lonesome up here where I am.

—The Home Magazine.

It's a Good Time now

to see what a good "staying" breakfast can be made without high-priced

Meat

TRY A Little Fruit, A Dish of Grape-Nuts and Cream, A Soft-Baked Egg, Some Nice, Crisp Toast, Cup of Postum Food Coffee.

That's all, and all very easy of digestion and full to the brim with nourishment and strength.

REPEAT FOR LUNCHEON OR SUPPER.

and have a meat and vegetable dinner either at noon or evening, as you prefer.

We predict for you an increase in physical and mental power.

"There's a Reason."

Read the "Little Health Classic," "The Road to Wellville," in pipe.

Many kinds of Fish Imitate the Birds

Build Nests and Mate Like Feathered Tribe—Stick-leb's Odd Habits.

"The nest building habit," said a well-known naturalist in a recent lecture, "is generally associated with birds, but there are other members of the animal kingdom which indulge in it. Strange to relate, some of the most typical examples are to be found among the fishes."

"Probably the best known among nest-builders is the little stickleback, which is found commonly in brackish water. The male alone is able to build a nest. When the mating season arrives the little bachelor's thoughts are centered upon providing a nest. The site selected is generally among the stems of aquatic plants, where the water always flows, but not too swiftly. He first begins by carrying small bits of green material, which he nips off the stalks and tugs from out the bottom and sides of the banks. These he attacks by some glutinous material that he has the power of secreting to the different stems destined as pillars for his building. During this operation he swims against the work already done, splashes about and seems to test its durability and strength, rubs himself against the tiny platform and scrapes the mucus from his sides to use as mortar. Then he thrusts his nose into the sand at the bottom, and bringing up a mouthful, scatters it over the foundation. This is repeated until enough has been thrown on to weight the slender fabric down and give its substance and stability; then more twigs, turns and splashing to test the firmness of the foundation.

Male Guards Eggs.

"In Lakes Huron and Erie, and in some of the interior lakes of New York, is found the bowfin. At the beginning of the breeding season the fish makes its way from the deeper water, where it has remained sluggish during the winter, to the spawning ground, which is usually at the swampy end of a lake where there is an abundance of aquatic herbage intersected by channels of clear water. Here the fish circles 'round and 'round until the soft weeds and rootlets are bent and crushed aside so as to leave a crude form of nest, where the eggs are deposited, adhering to the nest in enormous numbers. The male remains on guard until the eggs are hatched out, when the young appear to leave the nest in a body, still under the watchful care of the father, who keeps the swarm together by circling 'round and 'round it."

One Ingenious Nest.

"The gourami, or paradise fish, builds a very ingenious nest. A muddy bottom is generally selected for this purpose. The fish prefers to use for the nest tufts of peculiar grass, which grows on the surface of the water and whose floating roots rise and fall with the movement of the water, form natural galleries, under which the fish can conceal themselves. The nest is constructed by entangling the stems and leaves, intermingling with blades of grass, and is of a nearly spherical form much resembling in shape those of some birds, and when completed is attached among the plants in one corner of the pond. After the eggs have been deposited in the nest both parents carefully guard it for a month, and then continue their loving care until the young are large enough to shift for themselves.

Collecting Materials.

"The foundation once complete, the next operation is to collect materials, chiefly pieces of straw, roots, leaves, etc., and build the walls of the nest. The nest, or nursery, when completed, is a hollow, somewhat rounded, barrel-shaped structure, worked together much in the same way as the platform fastened to the water plants, the whole firmly glued together.

"The inside of the nest is made as smooth as possible by a kind of plastering system; the little architect and builder continually goes in, then turning 'round and 'round works the mucus from his body on to the inner sides of the nest, where it hardens like tough varnish. Two apertures are constructed in the nest, one for ingress and the other for egress. They are smooth and symmetrical as the hole leading into a wren's nest, and not unlike it.

Looking For a Mate.

"As soon as the nest is completed Mr. Stickleback begins to cast his eyes around for a suitable mate. Watch him as he swims toward a group of the fair sex enjoying themselves amid the water plants. Arrayed in his best and brightest liveliest, all smiles and amiability; steadily and in the most approved style of stickleback love making this young bachelor, pleads his suit, generally with success. Then the pair return to the nest, in which the female deposits her eggs, emerging when the operation is completed by the opposite site hole. On the female leaving he immediately enters, deposits the milt on the eggs, taking his departure through the back door. And now comes the saddest part of all. Immediately after leaving the nest he seeks another lady love, introduces her as he did the first and so on, wife after wife, until the nest is filled with eggs, layer upon layer. He then devotes all his time to guarding the eggs in his nest until the young are hatched out and have attained an age at which they can shift for themselves.

Shelter For Dry Shells.

"Nearly all the nest building fishes construct nests for the purpose of holding their eggs, but the African mudfish builds one for his own salvation. The rivers which this species inhabits are liable to protracted droughts each year. When such a drought is imminent the fish retires to the deeper water and excavates a pit, in which it lies, covering itself over with a thick layer of mud. This sheltered it can suffer the complete drying up of the river, as being gifted with lungs as well as gills it breathes air directly through an aperture left in the top of the nest. The rains of the wet season dissolve the mud and liberate the fish. Sometimes these fish are dug out from their nests and eaten by the natives. Others have been shipped thousands of miles in those nests and when the mud was dissolved in warm water the fish came forth as lively as ever.

An Audacious Fool.

"The function of the king's fool in mediaeval times was to measure an important time, and he who filled the post had often very great influence with his sovereign. Perhaps the brightest and most astute of fools was Triboulet, the favorite jester of Francis I. It was reported that His Majesty, who was of a very generous nature, had ordered to a certain Charles V. Emperor of Germany, that he might pass through France on his way to the Netherlands. Putting aside a recollection of what he had suffered at the Emperor's hands while a captive in Spain, Francis was preparing to receive Charles with much ceremony and splendor. Observing one morning that Triboulet was scribbling industriously upon a bit of paper Francis inquired what he was doing.

"I have just added the name of Emperor Charles of Germany to my list of fools," answered the jester, "a sovereign who is committing the incredible folly of intrusting himself to you by passing through your kingdom."

"Folly? How if I should let him pass safely?"

"Then I shall substitute your name for his." Was the audacious retort of the fool.—Tit-Bits.

Had Heart Like a Shoe.

Samuel Cup, the man with the freak heart, which was frequently discussed in medical journals, and was an object of interest to the medical world generally, died suddenly to-day of heart disease, aged twenty-four years. The heart was shaped like a shoe, and was unusually large. The least exercise caused him ill.

While a student at the University of Pennsylvania, from which institution he was graduated with honors in chemistry two years ago, he was subjected to X-ray examinations by eminent physicians, but all their treatments were in vain.—Reading Dispatch to the Philadelphia Press.

Making Inventories.

By EDWARD WILBERTON PRETZ.

The appraising of personal estates and the making inventories of the contents of stores and private residences which goes on continually, but so quietly that little is heard of it. The growing tendency of wealthy persons to carry an adequate insurance upon their furniture, books, pictures, and other things in their homes has given considerable impetus to this industry, and has created a demand for the most comprehensive and exact knowledge an equipment which few women possess, but which is bringing very handsome returns to those who do possess it.

The Business of Appraising.

The business of appraising, or rather of making inventories, embraces the whole range of human knowledge. Indeed, its motto might very well be the old Latin sentiment: "Nothing of human interest is foreign to me." The object is to give a man such a list of the things he owns, and so arranged, so as to enable him, in case of fire or burglary, to tell at once what his loss has been; and in the one event to secure his insurance money, and in the other to recover the goods. The advantage of such a list is so evident to men of large possessions, to collectors of books or lovers of old lace or china, or connoisseurs of paintings that the business is constantly growing; but to be of even the slightest value the list must be accurate. Here comes in the appraiser's skill, and here is the demand for specially trained women.

No collector will impart this training. It must be acquired by actual practice and experience; but an education, if it is good for anything, should have trained the faculty of observation and strengthened the memory, and both these things are useful in this work.

A still more practical equipment is the absolute mastery of some one department of knowledge. It may be books or book-bindings, or silks or lace or etchings or furniture; but it must be thorough in its own field. The expert in book-bindings must be familiar with all the famous binders both of the past and of the present, so that she can make no mistake in the kind or name of the binding, and can see at a glance whether a book is hand-bound or machine-struck. She will look at the pores in the leather of one binding, and because she finds them in peculiar groups will pronounce it sheep. Another she knows is calf because the pores are evenly distributed.

If her specialty is furniture, she will be able to tell you the characteristics of Chippendale and Sheraton, and the difference between birch and maple, and how bay-wood is treated to make it look like San Domingo mahogany.

Another girl picks up a piece of velvet and says "This is Scotch. It is made only in one place, on the Bosphorus. I know all about it."

Such knowledge as this is more likely to be acquired at first in the pursuit of a fad than with the deliberate purpose of turning it to financial account; but the possession of such a fad is a good stepping-stone to the business of making inventories. Even then the beginner will usually receive not more than six dollars a week until she has demonstrated her ability. She will most likely be set at work on some task which includes her specialty, but embraces something more, and her success will be measured both by the extent of the knowledge which she displays in her peculiar field and by the intelligence which she manifests in gathering information outside of it. If she has an accurate and comprehensive knowledge of several things she will be able to command from three to ten dollars a day.

The business of making inventories is not yet, and indeed may never be, one in which a large number of girls can find employment; but for the exceptional girl it offers a new and attractive opening, in which there is not only a high standard of payment for the work itself, but excellent opportunity for collateral employment, such as the giving of expert opinion in special cases.—From the Youth's Companion.

DUG BY A METEORITE.

Hole 400 Feet Deep and Three-Fourths of a Mile Wide Made.

In Cocino County, Arizona, about five miles south of Sunshine Station, on the Santa Fe Railroad, is a very remarkable eminence rising above an almost perfectly level plain, and known locally as Coon Butte or Coon Mountain.

This so-called mountain consists of a circular ridge from 120 to 160 feet in height, surrounding an almost circular depression in the earth about 400 feet deep and approximately three-fourths of a mile in diameter.

The depression has a general resemblance to a crater, and a superficial glance conveys the impression that it was really the crater of a volcano which became extinct some ages ago. Geologists, however, soon observed that the ring around the crater-like depression is not composed of volcanic outpourings. The hole is found to penetrate from twenty to forty feet to red sandstone, then from 250 to 350 feet of yellowish limestone, then a light gray sandstone and finally a brownish sandstone, in which it terminates.

These same level strata, formed when the land was covered with water, extend over the plain in all directions for many miles. The theory that the so-called crater could have been formed by a volcano may be set aside as impossible.

Another theory was that this remarkable hole was the result of a steam explosion, but the latest investigators have found many reasons for believing that this explosion is incredible. The vast amount of steam required to do this work could be stored up only in regions of volcanic activity. There is no evidence that such a region ever existed.

Daniel M. Barrington, geologist, and B. C. Tighmann, physicist and chemist, have been giving a great deal of time to investigating this phenomenon, and have just printed their results. They have collected an astonishing amount of evidence in favor of the theory that this great hole in the earth was produced by the impact of an iron body falling out of space and moving, of course, at terrific speed.

The body must have been a very large meteorite or a small asteroid, and in making this deep hole it not only ground an immense quantity of rock into fine particles of almost palpable dust, of which a large part was itself to a large extent broken into silvers by the terrific force of the collision.

Barrington has revealed many small fragments and splinters of it to a considerable depth, but no large piece has yet been found beneath the floor of the crater. On the other hand, about fifteen tons of the meteoric iron have been collected from around the crater and sent to the various museums of the world. Several thousand pieces have been discovered scattered all around the crater and to a distance of two and a half miles from it, and there are millions of particles of it scattered far around the crater.

Like other meteoric objects coming to us from the skies, these countless fragments contain iron, nickel, iridium and platinum.

A double compartment shaft is now being sunk in the exact center of the crater. Unless insurmountable difficulties are met it will be sunk to such a depth as will show whether or not any large part of the body lies buried several hundred feet below the floor of the crater.

Her City Green's Son First.

The first corporation charter under the new and rigid Texas law was issued to-day to E. H. R. Green, son of Mrs. Betty Green, of New York City. The new law requires that fifty per cent of the capital stock must be paid in money and all stock subscribed before a charter can be issued. These facts are to be sworn to.

Green launched the "Cash Oil Company, of Dallas." Some of the wealthiest men of Dallas are his associates. He has obtained control of 10,000 acres of land at Cash, in Hunt County, where large deposits of petroleum have been discovered.

The excitement in that locality is intense. Green is sinking wells and hundreds of other men are prospecting.

Missouri's Honey Crop.

The importance of the honey crop of Missouri is much larger than many people know of, says Secretary Ellis of the State Board of Agriculture. According to the last United States Census only three States—namely, Texas, California and New York—exceed Missouri in the total honey products. Missouri has something like \$750,000.

Within the last few years a very fatal contagious disease has appeared in some places in the State, known as foul brood. For the protection of the bee owners the Legislature enacted a law for the appointment of a State bee inspector, to be under the control of the State Board of Agriculture.—Kansas City Journal.

Compulsory Education in China.

The Board of Education has under consideration a scheme of compulsory education of children, by which one hundred primary schools will be established in each provincial capital, forty in each prefect, department and district and one in each village.

The same board is of opinion that all children reaching a certain age should be forced to enter the schools, otherwise their parents are to be punished. It is also proposed that the provincial director of education shall attend the school once in every two years and hold an examination.

—Shanghai Mercury.

The Lady or the Tiger?

It is always embarrassing to a girl when she goes into a fashionable shoe store to buy a new pair of boots and cannot remember for the moment which stocking it is that has the hole in it.—Somerville Journal.

The Dead Came To Life.

A remarkable case of the dead returning to life was furnished by John A. Hall, a railroad man, who came here from Sabetha, Kans., recently, to look for work. He dropped unconscious in the yards and was found apparently dead. He was taken to the morgue and left on a table all night.

The coroner decided upon a post-mortem to determine the cause of death and left his assistant to do the work. No sooner had the point of the surgeon's knife touched the body than it suddenly began to sit up on the table.

"You needn't cut me open," said Hall. "I'll answer any questions you ask me." Hall explained that he had not lain senseless at all, but knew all that had been going on. He heard all that was said about a post-mortem, but was unable to make a sound of any kind.

"About that time," said Hall, "I was doing some hard thinking."—Philadelphia Press.

Costly Coffins.

A well-known American millionaire is reported to have expended \$25,000 on a coffin. This is thought to be the record in this form of post-mortem extravagance. Several coffins, however, have been known to cost over \$1,000, and not many years ago a woman buried her husband in a coffin of elaborately carved mahogany, with gold fittings and silk linings, the whole costing \$4,000.

In another case a woman directed that an electric light should be kept burning in her tomb and another inside her coffin, at an annual cost of \$100. Li Hung Chang's coffin is said to have cost \$13,000, and to have been profusely embellished with gold figures and clusters of precious stones.—Tit-Bits.

The Industrious Flower.

"The most marvelous thing to me is the swiftness with which the morning glory vines grow during this enervating weather," said the tired woman. "I have one in my window box. It has gone up the side now and is coming across on a string I put there to the other side. I lie down on my couch to watch it. The other day I thought I really must get up and turn the string over on the string. Before I could get up the wind had blown it down or it had reached down of its own accord, and while I lay there watching it, it grew about four inches across the string and grew so fast, in fact, that it made me even more tired than I am to lie there and watch it."—N. Y. Press.

The Change Of A Word.

"You wouldn't think there'd be enough difference between the definite and the indefinite article to matter, would you?" said a woman who writes for a living. "I made a lifelong enemy of a woman once just by writing 'the' where I meant 'a.' It was an account of her wedding I was doing. I said something about the ceremony being performed at the home of the bride's aunt, and then I added that there were present 'only the best friends of the family.' The bride never got over that 'the' in front of few. It happened five years ago and when my name is mentioned she still froths at the mouth."

Cure For Sore Throat.

"There is absolutely no better cure for a sore throat than the juice from green gooseberries," said M. O. Jones, of Plant, Tenn., at the Utopia. My children have never taken any medicine for sore throats except the gooseberry juice. My wife takes the berries when they are green, cooks the juice out of them, sweetens it and places it in bottles for future use. The juice will keep for an indefinite period. I have proven to be most beneficial in cases where the throat is inflamed. It takes country folks to find out the real medicines as they were intended for us to use them."—Nashville Tennessean.

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—Once there was a cook who stayed in one place more than a month, but she had a stroke of paralysis.

TERRIBLE ITCHING.

Eczema Affecting Whole System—Unable to Rest Night or Day—Suffered 4 Years—Cuticura Cures.

"I suffered severely for four years from poison oak and ivy. My condition was so serious, as I could not rest night or day and be free from a terrible itching sensation from scratching on my hands between the fingers, my feet and face, and eczema followed, my eyesight was affected, and I went to a hospital especially for the eyes and got relief, but eczema got a terrible hold on my system. I was about to give up all hope of ever being cured, yet I could not be reconciled to such results, as my health had been good and free from any disease all my life. My age is seventy-three years. In my extremities I happened to read of Cuticura Remedies for skin diseases. I bought five boxes Cuticura Ointment, also some Cuticura Soap and Cuticura Pills as I required them. In four weeks' treatment my face was smooth, and the itching gradually left my hands and feet and I could rest comfortably for what I am grateful and happy. W. Field Green, Justice of the Peace and Notary Public, Hardy, Del., May 15, 1906."

The most fun about trying to mend the stumbling yourself is the way everybody in the family forgives you, even for your screws.

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Circumstantial Evidence.

It is not necessarily great eloquence or wisdom that gives a lawyer influence over men's minds; the happy knack of telling a homely story with a "point" at just the auspicious moment has saved many a losing side. The world-wide exemplar of this, of course, Abraham Lincoln, but he has had a multitude of followers.

The late George Vest, of Missouri, was once defending a young man from the charge of larceny. The evidence against him was purely circumstantial, but strong. Vest claimed that no man should be convicted upon circumstantial evidence alone.

"Why," he said, "when I was a boy, I knew another lad who, while his parents were absent, went to the pantry and nearly devoured a large custard pie. Then fearing the consequences, he looked for means of hiding the traces of his guilt.

"Seeing the cat, he took her, smeared her face and paws with the custard, and then making the innocent criminal into the backyard, he shot her. As he did so the boy observed to me, 'There goes one more victim of circumstantial evidence.' Vest won the case.—N. Y. Times.

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fections, such as nasal catarrh, pelvic colic and inflammation caused by feminine ill-health. It is used by the mouth, by direct local treatment. It cures the most obstinate and intractable ordinary and gives immediate relief. Thousands of women are using and recommending it every day. Get a trial box of Paxtine absolutely free. Remember, you get nothing for nothing but the trial box.

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