

THREE FACTS For Sick Women To Consider

FIRST.—That almost every operation in our hospitals performed upon women becomes necessary through neglect of such symptoms as backache, irregular and painful periods, displacements of the female organs, pain in the side, burning sensation in the stomach, bearing-down pains, nervousness, dizziness and sleeplessness.

SECOND.—The medicine that holds the record for the largest number of absolute cures on female ailments is Lydia E. Pinkham's Vegetable Compound. It regulates, strengthens and cures diseases of the female organism as nothing else can.

For thirty years it has been helping women to be strong, curing backache, nervousness, kidney troubles, inflammation of the female organs, weakness and displacements, regulating the periods perfectly and overcoming their pains. It has also proved itself invaluable in preparing women for childbirth and the change of life.

THIRD.—The great volume of unsolicited and grateful testimonials on file at the Pinkham Laboratory at Lynn, Mass., many of which are from time to time published by permission, give absolute evidence of the value of Lydia E. Pinkham's Vegetable Compound and Mrs. Pinkham's advice.

Mrs. Pinkham's Standing Invitation to Women.—Women suffering from any form of female weakness are invited to promptly communicate with Mrs. Pinkham, at Lynn, Mass. All letters are received, opened, read and answered by women only. From symptoms given, your trouble may be located and the quickest and surest way of recovery advised. Mrs. Pinkham is daughter-in-law of Lydia E. Pinkham and for twenty-five years under her direction and since her decease she has been advising sick women from all over the world. The vast volume of experience in treating female ailments Mrs. Pinkham probably has the very knowledge that will help your case. Surely, any woman, rich or poor, is very foolish if she does not take advantage of this generous offer of assistance.

Substitutes For Coffee.
Among substitutes for coffee not only roasted grains are used, but also roasted dandelion root, figs, turnips and even acorns. The last are much used among the poorest people in Berlin.

To Launder Lace Curtains.
Shake the dust from the curtains, and soak over night in cold water. In the morning rinse through several cold waters before putting them into the suds. Then wash through hot Ivory Soap suds by sipping and squeezing. Use a second sud and leave for an hour in boiling water. Blot dry, and then stretch. Stretch in frames or by pinning to sheets.—ELEANOR R. PARKER.

The consumption of spirituous liquors in Canada last year was less by \$709,000 than in 1904.

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\$3.50 & \$3.00 SHOES FOR MEN
W. L. Douglas \$4.00 Clit Edge Line
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W. L. DOUGLAS, Brockton, Mass.

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TOWER'S SLICKERS will keep you dry as anything else will, because they are the product of the best materials and seventy years' experience in manufacturing.

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THE GREAT WHITE PLAGUE AND VACCINATION AS THE CAUSE. Send for Book, 10c., to C. L. Seward, Liberty, Ind.

PATENTS
P. N. U. 16, 1906.
Thompson's Eye Water

MEN AT THE THROTTLE

Sound Sense and Sobriety
Vital to Safety. :: :: ::

THE difference between a marine and a stationary engineer is largely the difference between the respective mechanical apparatus of which they have charge. A stationary engineer's plant is always permanent as to location and foundation, while a marine engineer's is constantly shifting as to the former.

A stationary engineer, as a rule, drives horizontal engines; a marine engineer contents himself with the perpendicular brand. During the past five years considerable improvement has been made in the turbine engine, so that it looks as if the great mass of machinery now carried in the hold of an ocean liner will be greatly reduced, as the turbine is the simplest of all engines.

This recently developed engine's success on land, in large Western power plants, has proved its superiority over the reciprocating engine, both as a power producer and as an economizer of fuel. It is my opinion that a few more years will see the reciprocating engine passing to the scrap pile.

Perhaps it would be just as well for me to give the general distinction between the marine or perpendicular engine, the land or horizontal engine, and the turbine, which is suitable for both.

The marine engine is built perpendicular because that is the most economical form aboard a ship; if a horizontal engine were placed aboard a ship the floor space it would occupy would be from three to four times the amount of floor space occupied by a vertical engine of the same horsepower, and floor space aboard ship is a very valuable consideration. In horizontal engines the stroke of the piston is well illustrated by a man planing a board; he planes parallel with his bench; in the vertical engine the stroke is like that of a churndasher, up and down.

Marine engines may be either single, double, triple, quadruple, or even quintuple or sextuple expansion engines. That is, they may have one, two, three, four, five or six cylinders, all of increasing size, each driving a piston rod. The average liner may have from two to four of these giant engines, with a double battery of twelve boilers, supplying them with steam at a pressure all the way from 240 to 420 pounds to the square inch.

On a land engine all this power might be, and in some rare instances is, concentrated in one gigantic vertical or horizontal engine, but aboard ship an engine cannot afford to be too tall, else, in rough weather, it would lose its centre of gravity and topple over. As a rule, twin-screw steamers have engines known as the port starboard engine, each engine driving an independent shaft or screw; these engines may be and frequently are coupled up so that they work together, but aboard battleships they are always left uncoupled, because it assists in maneuvering to be able to drive one screw faster than the other.

In a triple screw steamer there are usually three independent engines, each driving a screw. These engines may represent all the way from 100 to 12,000 horse power, and as a horse power means the lifting of 32,000 pounds one foot in one minute, you can figure out what a 12,000 horse power engine does in the way of work in a six-day transatlantic voyage.

But these engines are not all the engines used aboard a giant liner. There is an independent engine used for driving the dynamo of the electric plant; another for driving the ventilating fans, another for driving the hold hoist, and still another for the anchor hoists and the refrigerating plant.

An engineer's staff aboard a liner is made up about as follows: Chief engineer, two senior engineers, four junior engineers, four machinists, four yeomen, eight to ten oilers and wipers, one chief of fire room, three assistant fire chiefs, thirty to fifty stokers, twenty

HAI HAI HAI!
Two or Three Good Laughs Can Start To an Audience.
"There is no better place in town to notice how contagious laughter is than right here in this theatre," said Frank White, of the Denver Orpheum, to a reporter of the Post in that city. "Frequently a show will go great one night and the next go almost the other way. It will be a good show, but the second night the people with infectious laughs won't be here. There are about half a dozen people who come here every week, who help the show out wonderfully with their laughs. If they'd come every night I believe we'd give them passes. One of them is a big, fat, red-faced man, who always sits in a box. Whenever a joke is sprung he turns toward the audience and laughs in such a way that people who see him simply have to join him. The performers appreciate the laughs and, after that, work their hardest. One night we had an awfully cold audience here. Laughs were so few that the people on the stage were working in a discouraged way, and the performance was going bad. All of a sudden, when the show was half over, something pleased a pretty little golden haired girl sitting in the third row with her parents, and she let out the cutest baby chuckle I ever heard. That started the audience. The people joined her, and after that the show went great. In my opinion every theatre, where comedy is presented, should have two or three hearty laughers in

An Important Summons.
They had been married but two months, and they still loved each other devotedly. He was in the backyard backing his boots.
"Jack!" she called at the top of her voice. "Jack, come here, quick!"
He knew at once that she was in danger. He grasped a stick and rushed up two flights of stairs to the rescue. He entered the room breathlessly, and found her looking out of the window.
"Look!" she said. "That's the kind of a bonnet I want you to buy me!"—New York World.

Automatic Time-Table.
An ingenious train indicator has been set up at the entrance to Church End, Finchley station, says the London Express.
It is the invention of two local tradesmen, and stands some eight feet high. In the top of the front is a clock regulated so as to keep time with the station clock. In the centre of the machine, behind a glass panel, appear in bold figures the times of trains leaving the station for one hour.
Every hour the whole of these train times are automatically changed in accordance with the movement of the clock, and so from morning to night the public have the train time table hour by hour placed before them.

Wanted the Insurance.
Applying for relief to the poor guardians of a London parish, an old woman said she had a daughter who did not allow her anything, but kept up the payments on her insurance policy.

Uncle Sam's Library.
The Library of Congress now contains 1,344,618 books, 416,352 pieces of music, 183,724 prints and 82,744 maps and charts, according to the annual report of the Librarian, Herbert Putnam, just presented to Congress. The library gained 68,951 books and about 50,000 pictures and pieces of music during the last year. There were bought 22,998 books, 16,248 were received by gift, 11,763 by copyright and 6,474 gained by exchange with foreign governments.

Music for the Poor.
Queen Wilhelmina of Holland is bearing the cost of concerts given by well-known singers in the slum quarters of The Hague. Only the poorest people are allowed to attend.

Wild Oats.
The seed of the wild oats seems to be endowed with a sort of life of its own. Wild oats, when held in the hand, will move about in a manner that strongly suggests the motions of larvae of certain insects.

Romans Ate Oysters.
The ancient Romans ate oysters as the first course at banquets because of their quality of stimulating the appetite. Pliny recommends oil and onions as condiments.

Rise Liars, And Salute Your Queen Ho, All Ye Faithful Followers of Ananias GIVE EAR!

A Young Girl said to a Cooking School Teacher in New York: "If You make One Statement as False as That, All You Have said about Foods is Absolutely Unreliable."

This burst of true American girl indignation was caused by the teacher saying that Grape-Nuts, the popular pre-digested food, was made of stale bread shipped in and sweetened.

The teacher colored up and changed the subject.

There is quite an assortment of traveling and stay-at-home members of the tribe of Ananias who tell their falsehoods for a variety of reasons.

In the spring it is the custom on a cattle ranch to have a "round-up," and brand the cattle, so we are going to have a "round-up," and brand these cattle and place them in their proper pastures.

FIRST PASTURE.

Cooking school teachers—this includes "teachers" who have applied to us for a weekly pay if they would say "something nice" about Grape-Nuts and Postum, and when we have declined to hire them to do this they get waxy and show their true colors.

This also includes "demonstrators" and "lecturers" sent out by a certain Sanitarium to sell foods made there, and these people instructed by the small-be-whiskered doctor—the head of the institution—to tell these prevarications (you can speak the stronger word if you like). This same little doctor conducts a small magazine in which there is a department of "answers to correspondents," many of the questions as well as the answers being written by the aforesaid doctor.

In this column some time ago appeared the statement: "No, we cannot recommend the use of Grape-Nuts, for it is nothing but bread with glucose poured over it." Right then he showed his badge as a member of the tribe of Ananias. He may have been a member for some time before, and so he has caused these "lecturers" to descend into the ways of the tribe wherever they go.

When the young lady in New York put the "iron on" to this "teacher" and branded her right we sent \$10.00 to the girl for her pluck and bravery.

SECOND PASTURE.

Editors of "Trade" papers known as grocer's papers.

Remember, we don't put the brand on all, by any means. Only those that require it. These members of the tribe have demanded that we carry advertising in their papers and when we do not consider it advisable they institute a campaign of vituperation and slander, printing from time to time manufactured slurs on Postum or Grape-Nuts. When they go far enough we set our legal force at work and hale them to the judge to answer. If the pace has been hot enough to throw some of these "cattle" over on their backs, feet tied and "bellowing," do you think we should be blamed? They gambol around with tails held high and jump stiff-legged with a very "cocky" air while they have full range, but when the rope is thrown over them "it's different."

Should we untie them because they beat soft and low? Or should we put the iron on, so that people will know the brand? Let's keep them in this pasture, anyhow.

THIRD PASTURE.

Now we come to a frisky lot, the "Labor Union" editors. You know down in Texas a weed called "Loco" is sometimes eaten by a steer and produces a derangement of the brain that makes the steer "batty" or crazy. Many of these editors are "Locoed" from late of anyone who will not instantly obey the "demands" of a labor union, and it is the universal habit of such writers to go straight into a system of personal vilification, manufacturing any sort of falsehood through which to vent their spleen. We assert that the common citizen has a right to live and breathe air without asking permission of the labor trust, and this has brought down on us the hate of these editors. When they go far enough with their libels, is it harsh for us to get judgment against them and have our lawyers watch for a chance to attach money due them from others? (For they are usually irresponsible.) Keep your eye out for the "Locoed" editor.

Now let all these choice specimens take notice:

We will deposit one thousand or fifty thousand dollars to be covered by a like amount from them, or any one of them, and if there was ever one ounce of old bread or any other ingredient different than our selected wheat and barley with a little salt and yeast used in the making of Grape-Nuts, we will lose the money.

Our pure food factories are open at all times to visitors, and thousands pass through each month, inspecting every department and every process. Our factories are so clean that one could, with good relish, eat a meal from the floors.

Let us tell you exactly what you will see when you inspect the manufacture of Grape-Nuts. You will find tremendous elevators containing the choicest wheat and barley possible to buy. These grains are carried through long conveyors to grinding mills, and there converted into flour. Then the machines make selection of the proper quantities of this flour in the proper proportion and these parts are blended into a general flour which passes over to the big dough mixing machines, where water, salt and a little yeast are added and the dough kneaded the proper length of time.

Remember that previous to the barley has been grown to be passed through about one hundred hours of soaking in water, then placed on warm floors and slightly sprouted, developing the diastase in the barley, which changes the starch in the grain into a form of sugar.

These great leaves are sliced by machines and the slices placed on wire trays, these trays, in turn, placed on great steel trucks, and rolled into the secondary ovens, each perhaps 75 or 80 feet long. There the food is subjected to a long, low heat and the starch which has not been heretofore transformed, is turned into a form of sugar generally known as Post Sugar. It can be seen glistening on the granules of Grape-Nuts if held toward the light, and this sugar is not poured over or put on the food as these prevaricators ignorantly assert. On the contrary the Post sugar comes from the interior of each little granule during the process of manufacture, and reminds one of the little white particles of sugar that come out on the end of a hickory log after it has been sawed off and allowed to stand for a length of time.

This Post Sugar is the most digestible food known for human use. It is so perfect in its adaptability that mothers with very young infants will pour a little warm milk over two or three spoonfuls of Grape-Nuts, thus washing the sugar off from the granules and carrying it with the milk to the bottom

of the dish. Then this milk charged with Post Sugar is fed to the infants, producing the most satisfactory results, for the baby has food that it can digest quickly and will go off to sleep well fed and contented.

When baby gets two or three months old it is the custom of some mothers to allow the Grape-Nuts to soak in the milk a little longer and become mushy, whereupon a little of the food can be fed in addition to the milk containing the washed off sugar.

It is by no means manufactured for a baby food, but these facts are stated as an illustration of a perfectly digestible food.

It furnishes the energy and strength for the great athletes. It is in common use by physicians in their own families and among their patients, and can be seen on the table of every first-class college in the land.

We quote from the London Lancet analysis as follows:

"The basis of nomenclature of this preparation is evidently an American pleasantness, since 'Grape-Nuts' is derived solely from cereals. The preparatory process undoubtedly converts the food constituents into a much more digestible condition than in the raw cereal. This is evident from the remarkable solubility of the preparation, no less than one-half of it being soluble in cold water. The soluble part contains chiefly dextrin and no starch. In appearance 'Grape-Nuts' resembles fried bread-crumbs. The grains are brown and crisp, with a pleasant taste, not unlike slightly burnt malt. According to our analysis the following is the composition of 'Grape-Nuts': Moisture, 6.02 per cent.; mineral matter, 2.01 per cent.; fat, 1.60 per cent.; proteins, 15.00 per cent.; soluble carbohydrates, etc., 49.40 per cent.; and undigested carbohydrates (insoluble), 25.97 per cent. The features worthy of note in this analysis are the excellent proportion of protein, mineral matters, and soluble carbohydrates per cent. The mineral matter was rich in phosphoric acid. 'Grape-Nuts' is described as a brain and nerve food, whatever that may be. Our analysis, at any rate, shows that it is a nutritive of a high order, since it contains the constituents of a complete food in very satisfactory and rich proportion and in an easily assimilable state."

An analysis made by the Canadian Government some time ago shows that Grape-Nuts contains nearly ten times the digestible elements contained in ordinary cereals, and foods, and nearly twice the amount contained in any other food analyzed.

The analysis is familiar to practically every successful physician in America and London.

We print this statement in order that the public may know the exact facts upon which we stake our honor and will back it with any amount of money that any person or corporation will put up.

We propose to follow some of these choice specimens of the tribe of Ananias. When you hear a cooking school teacher or any other person assert that either Postum or Grape-Nuts are made of any other ingredients than those printed on the packages and as we say they are made, send us the name and address, also name of two or three witnesses, and if the evidence is clear enough to get a judgment we will right that wrong quickly.

Our business has always been conducted on as high a grade of human intelligence as we are capable of, and we propose to clear the deck of these prevaricators and liars whenever and wherever they can be found.

Attention is again called to the general and broad invitation to visitors to go through our works, where they will be shown the most minute process and device in order that they may understand how pure and clean and wholesome Grape-Nuts and Postum are.

There is an old saying among business men that there is some chance to train a fool, but there is no room for a liar, for you never can tell where you are, and we hereby serve notice on all the members of this ancient tribe of Ananias that they may follow their calling in other lines, but when they put forth their lies about Grape-Nuts and Postum, we propose to give them an opportunity to answer to the proper authorities.

The New York girl wisely said that if a person would lie about one item, it brands the whole discourse as absolutely unreliable. Keep your iron ready and brand these "mavericks" whenever you find them running loose.

"There's a Reason" for Grape-Nuts and Postum