

PERUNA PRAISED.



MRS. ESTHER M. MILNER.

Dr. S. B. Hartman, 321, Detroit, Ohio.
Dear Sir:—I was a terrible sufferer from pelvic weakness and had headache continuously. I was not able to do my housework for myself and husband.

I wrote you and described my condition as nearly as possible. You recommended Peruna. I took four bottles of it and was completely cured. I think Peruna a wonderful medicine and have recommended it to my friends, with the very best of results.

Very few of the great multitude of women who have been relieved of some pelvic disease or weakness by Peruna ever consent to give a testimonial to be read by the public.

These are, however, a few courageous, self-sacrificing women who will for the sake of their suffering sisters allow their names to be published.

Mrs. Milner is one of these. In her gratitude for her restoration to health she is willing that the whole world should know it. A chronic invalid brought back to health is no small matter. Words are inadequate to express complete gratitude.

Constitution for China.

China's emperor has announced that it has been decided that the interests of the empire demand the granting of many reforms and eventually a constitution, the latter to be formulated when the people have been sufficiently educated. The question of reforms and of a constitution is being studied by Chinese commissioners who have been visiting Europe and America, and the emperor's announcement is the result of their observations and reports. The granting of a constitution to China may not be very remote. The fact that Japan has been working under one for some years and has achieved most valuable results cannot fail to have a great effect upon her neighbor.

Dimensions of Sea Waves.

A recent article by Dr. Vaughan Cornish, in the London Geographical Journal, furnishes some extremely interesting data respecting deep sea waves. From many hundreds of observations made during 40 years by independent observers, he shows that on the average the height of a wave in feet (measured from crest to trough) is in the numbers one-half of the wind's velocity in statute miles per hour. By this rule, which does not express a dynamical law, the height of a wave raised in the deep, open sea by a wind of full hurricane force—i. e., having a velocity of 90 statute miles per hour—would be 45 feet.

To Save Cotton Waste.

It is estimated that at least 2,000,000 bales of cotton are lost throughout the South every year because of the frost and scattered cotton left in the field by the pickers. According to a correspondent of the Manufacturers' Record of Baltimore, a machine has been invented which will save nearly all this loss.

THE WAY OUT

Change of Food Brings Success and Happiness.

An ambitious but delicate girl, after failing to go through school on account of nervousness and hysteria, found in Grape-Nuts the only thing that seemed to build her up and furnish her the peace of health.

"From infancy," she says, "I have not been strong. Being ambitious to learn at any cost I finally got to the High School, but soon had to abandon my studies on account of nervous prostration and hysteria.

"My food did not agree with me, I grew thin and despondent. I could not enjoy the simplest social affair for I suffered constantly from nervousness in spite of all sorts of medicines.

"This wretched condition continued until I was twenty-five, when I became interested in the letters of those who had cases like mine and who were being cured by eating Grape-Nuts.

"I had little faith but procured a box and after the first dish I experienced a peculiar satisfied feeling that I had never gained from any ordinary food. I slept and rested better that night and in a few days began to grow stronger.

"I had a new feeling of peace and restfulness. In a few weeks, to my great joy, the headaches and nervousness left me and life became bright and hopeful. I resumed my studies and later taught ten months with ease—of course using Grape-Nuts every day. It is now four years since I began to use Grape-Nuts, I am the mistress of a happy home and the old weakness has never returned." Name given by Postum Co., Battle Creek, Mich.

"There's a reason." Read the little book, "The Road to Wellville," in pkgs.

HUMAN BIRDS.

Why Butterflies and Moths Are So Much Less Regarded.

Why the world should care for birds much more than for butterflies and moths has sometimes perplexed the naturalist mind. Watch butterflies and moths closely, not in a park lined case, but the living and free and real thing in the open air, and you need not rare patience or intelligence to find out that they are lovely in their dress, curiously interesting and often exquisite in their habits. Take their food. There may be a few exceptions, as the purple emperor butterfly which has an ugly lurch for carrion, but on the whole our English butterflies and moths are the most refined, the daintiest eaters in the world: Epicene their feasts may be in the sense that members of both sexes will sit down at the same board—perhaps the pinky white blossoms of some great burnet saxifrage or of cowparsnip in July—but not epicene if that be many courses, gross feeding or carouse. It is as good therefore that the skipper butterflies or the humming-bird moths sip from the flowers. The very honey in the bee comb is not so chaste, so absolutely unspiced as the nectar which the skipper butterflies draw from the wild vetchlings, or the small copper butterfly from the wild thymes; or as that scented supper which conopsea, the fragrant orchid, at this season pays as marriage fee to the moths by the riverside. And then the choice way they take their food. Our way at best is by comparison hogging in the trough. Kneeling in the grasses and bending down very gently one may see the butterfly unroll a long, hair-like spring, the trunk, and plunge this beneath the petals. A minute fraction of a drop of nectar is all that it extracts. Perhaps the butterfly does not always carry out his part of the bargain; he may get his nectar without conveying the pollen between anther to pistil; but the amount of nectar is so trivial that the stingiest, hardest bargaining flower knowing of the offence, might pardon it. Nectar has but one drawback—it's a little sticky. The skipper butterfly knows this, and he will not roll up and put away his delicate, feeling trunk till he has cleared it of the smallest speck of sweat. He has no napkin and finger glass, but not less he knows how to get that trunk quite clean and comfortable before he spins away for rapturous wing play in the sunshine among the grasses and clovers.

Or, again, the courtships of some of the butterflies—can anything be more delicate? Truly, like Brownie's "lyric love, half angel and half bird," it is "all a wonder and a half desire." What sweetheating goes on in June when the pearl bordered fritillaries are flying in the coppices of bugle flower and sleepy speedwell! You may often see the lady fritillary or the lady orange tip tilted after a furious flirtation, the base sutor flying off; though little she reck, with such an abundance of suitors all around.

If then butterflies and moths are often so spruce and graceful, so distinguished in habit—food, flight, courtship—and so suggestive of deeply interesting problems of life, how is it we are not so touched and delighted by them as we are by birds? The answer clearly must be this: Butterflies and moths, like the whole insect creation—even bees and wasps which have politics and a wonderful organization—are quite non-human. They are completely outside our world. At most they remind us very superficially or fantastically of our own habits, passions, appearance. Birds and our dogs are more "kindly human." There is something here in the nature of sympathy—at any rate sympathy on one side. The songs of the thrush, the lark, the willow wren go straight home to us, their nests, their passionate care for their young, their grief, short-lived but poignant, over the loss of their young—these things touch us deeply. We make exceptions; yet on the whole it is certain that we honor birds, as we do dogs. Practically nothing of the sort exists in our relations with the beautiful, sinister and utterly aloof world of insects. The insect is nothing if not non-human. Entomologists are not particularly cruel or callous so far as one has noticed. Yet they carry about a cyanide bottle and brush into it and cork down rare moths caught in sugar and rum traps cunningly placed on the trees. Here is a good test: suppose it were possible to collect birds thus—is it conceivable that any man with a conscience would carry about a cyanide bottle for the purpose? Violent words are usually weak words, but really a cyanide bottle for birds would seem like murder.

Even in its form, its lovely outline, the bird in some ways approaches nearly our ideal of human beauty; whereas the beauty of the butterfly, moth, snake, beetle, fish and flower is so often essentially non-human; indeed from some of these we shrink in the very act of admiration; spider, mouse, moth and bat, each has a terror for some of us.—Saturday Review.

Land Elevation of England.

Of the 58,324 square miles of England and Wales, Miss Nora E. MacMunn finds that 26,482 are under 250 feet in elevation above the sea, 16,365 are between 250 and 300 feet, 10,476 are between 300 and 1000 feet, 4698 are between 1000 and 2000, 300 are between 2000 and 3000 feet and four are more than 3000 feet.

KEYSTONE STATE CULLINGS

WANT RECEIVER NAMED

Creditors of Segal Enterprise Claim Company Owning South Altoona Is Insolvent.

An application was filed in the Blair county court for the appointment of a receiver to take charge of the town of South Altoona. Creditors of the Knickerbocker Contracting Company, the owner of the town, allege that the company is insolvent. South Altoona is an enterprise of Adolf Segal, who is involved in the failure of the Real Estate Trust Company of Philadelphia.

Judge Kunkel handed down an opinion in the Dauphin county court refusing a mandamus against the School Directors of Williamsport, in which citizens of the borough objected to the directors refusing to allow pupils to enter the schools after the Bible was read in the morning. The judge is said, in read by direction of the School Board, and in the petition it is stated that some of the scholars refused to attend during that period. Judge Kunkel holds that the Court has no power to compel the School Board to permit some scholars to attend school at a different time from that prescribed by the board.

Robert Smith, one of the members of the local troop of the state police at Wyoming, while on patrol duty with Frank Gray, a fellow trooper, in the woods at Yatesville, was shot by a foreigner, who was hunting in the woods. The load of shot riddled the helmet worn by Smith, while several of the pellets entered his scalp and hands. The troopers opened fire on the poacher, but he escaped in the thick. A second detail of troopers was sent out from the barracks, but they did not locate him.

Baltimore and Ohio engineers have begun the preliminary surveys for a spur of that road from the main line of the Pittsburgh-Wheeling division passing through Washington, to the creek fields in the vicinity of Zoltersville, in southern Washington county. Several thousand acres of the Pittsburgh vein of coal were secured in this section within the last year by Pittsburgh and Greensburg capitalists who will commence operations there soon as the railroad spur is constructed.

The Federated Humane Society of Pennsylvania was formed at Harrisburg at a meeting of representatives of organizations, whose purpose is the betterment of protection of children and animals. Joseph G. Walters, of Pittsburgh, was elected president; Frank B. Rutherford, of Philadelphia, vice president; and Thomas S. Carlisle, of Philadelphia, secretary and treasurer.

Two thousand people attended the Harvest Home services at the Grange encampment at Center Hall. Rev. G. W. Melny had charge of the services and preached. He was assisted by all the pastors of Center Hall churches. This evening anniversary exercises of the Epworth League and Christian Endeavor societies were held.

A dog owned by Clarence S. Nash, of Spry, near York, saved his family from being burned to death. The dog which had been left in the kitchen, ran up stairs and barked frantically until Nash was aroused. He found the lower portion of the house in flames. The fire had eaten across the stairway and they had to jump from the windows.

The police are apparently baffled in their efforts to discover the murderer of Mrs. Maurice K. Lewis, who was mysteriously slain in the apartment house kept by Charlotte Kelly, in Philadelphia. Superintendent Taylor said there had never been any suspicion on the part of the authorities that Miss Kelly was concerned in the murder.

The Democratic Senatorial conference of the thirty-second district, comprising Cumberland and Adams counties, met at Gettysburg and unanimously nominated E. M. Biddle, Jr., of Carlisle. To test the constitutionality of the new apportionment bill Mr. Biddle will take the matter into the Dauphin county court for decision.

Judge Thomas at Meadville, sentenced John Boyd, negro, to 24 years in the Western penitentiary, eight years on each of three counts. This, with one exception, is the longest sentence of the thirty-second district, ever passed by a Crawford county Judge. Boyd committed many burglaries in and near Meadville.

John Lindner of Carlisle, was nominated for Congress in the Eighteenth district by the Lincoln party conference at Harrisburg. The Dauphin and Lebanon conferences voted for Lindner, who was nominated by the Democrats recently, and the Cumberland conference voted to make no nomination.

The sixth annual reunion of the Fayette County Veteran association in Uniontown was attended by 400 of the 600 veterans in the county. Burgess R. D. Warman delivered the address of welcome, which was responded to by Evans Rush, of Ohioyle. The old officers were all re-elected.

Samuel Rhodes, 60 years old, a well-known farmer of Wesley Chapel, five miles west of Scottdale, was instantly killed. He was driving up a steep grade when he fell backward from a high seat, alighting on his head. His neck was broken.

The Republican conference for the Twenty-fourth senatorial district, broke the long deadlock which has existed between Harry S. Meyer of Williamsport and A. W. Dwy of Bloomsburg. Mr. Dwy was nominated on the eighty-ninth ballot, the nomination being made unanimous.

The Democratic congressional congress of the Blair-Huntington district met at Tyrone and nominated on the fourth ballot Robert H. Henderson of Altoona.

The Pennsylvania Railroad and Wilkesburg Borough Council have reached an amicable agreement as to elevated tracks. It will cost \$500,000.

SHAD BECOMING EXTINCT.

Commissioner of Fisheries Says Run for Spawning Has Been Wiped Out.

That there is grave danger that the shad will become extinct is pointed out by United States Commissioner of Fisheries George M. Bowers. Explaining how the toothsome fish may follow the way of the bison and the wild pigeon, he says in his annual report:

"Under the conditions which have been becoming more and more pronounced the run of fish for spawning purposes has been practically wiped out in many of the most important streams, and unless the State promptly take some action by which a fair percentage of the shad may reach their spawning grounds, the future for this fish is gloomy."

The Passing of the Frog.

Owing to the fact that he has come to be esteemed as an article of diet to no less a degree than his European cousin, the American bullfrog (Rana catesbeiana) has been hunted so closely that his loud voice is seldom heard on our rivers or the many small lakes adjacent to this city. The edible frog of the south of Europe (Rana esculenta) is inferior in size and flavor to our native bulfrog, and is raised for market exactly as American farmers raise chickens or ducks. Canadians have started in the business of frog-raising during the last 10 years in the endeavor to supply the growing market. Ten years ago the Chenango river, even within the limits of Binghamton, was a favorite lurking place for frogs. Noyes's raceway, the small pools in and around the island just above the railroad bridges and the upper reaches of the Chenango river then were never silent during the summer nights. The Susquehanna river for miles in either direction also harbored hosts of large frogs. But today the familiar booming calls of other years flannel lures and small caliber rifle have done their work. —Binghamton Press.

Barbers in Early Days.

The origin of the custom of shaving the face is lost in antiquity. The Greeks and Romans had public shaving places in connection with their baths. In the fourteenth century the barber's craft was recognized as a profession, being allied to surgery. The barbers were confined, as to surgery to the letting of blood and leeching, and extracting of teeth, but the surgeons were prohibited from shaving the face. The barber's sign was a striped pole as far back as 1650 the stripes around the pole being symbols of the bandages used in wrapping the arm or leg from which the blood was to be let.—New York Herald.

Leprosy Increasing.

Leprosy is increasing in both North and South America. Columbia, where there were only 400 lepers 40 years ago, is said to have 40,000 now, and many find their way into the United States. Such a medical authority as Dr. Ashmead, who was formerly chief medical adviser to the Government of Japan, says the increase is alarming. When leprosy is brought into a new country it takes 50 years for the seeds to take root and it becomes epidemic after some 200 years. It has been shown that mosquitos are active in transferring leprosy bacilli.

Bricks of Sand and Lime.

The first factory for making bricks of sand and lime was built in the United States in 1901. Now about 140 plants are in operation in various parts of the country, and their yearly output is about 400,000,000 bricks. It is a striking illustration of the results of scientific use of old and familiar materials, is new combinations or forms.

Race Track Trick.

Albert Cortman, a London bookmaker, is charged with attempting to obtain money by a trick from Harry Cavanaugh, another bookmaker. He handed Cavanaugh a paper with instructions to back certain horses for certain races, and by means of chemical ink the original inscription vanished and another appeared, backing horses for races already won.

Practical Evidence of Ruin.

A few years ago Russia was annually exporting more than \$200,000,000 worth of grain. Now she is importing indication of the ruin which the revolutionary disturbances have brought upon her.—New York Tribune.

BABY'S TORTURING HUMOR.

Ears Looked as If They Would Drop Off—Face Mass of Sores—Cured by Cuticura in Two Weeks For 75c.

"I feel it my duty to parents of other poor suffering babies to tell you what Cuticura has done for my little daughter. She broke out all over her body with a humor, and we used everything recommended, but without results. I called in three doctors. They all claimed they could help her, but she continued to grow worse. Her body was a mass of sores, and her little face was being eaten away; her ears looked as if they would drop off. Neighbors advised me to get Cuticura Soap and Ointment, and before I had used half of the cake of Soap and box of Ointment the sores had all healed, and my little one's face and body were as clear as a newborn babe's. I would not be without it again if it cost five dollars, instead of seventy-five cents. Mrs. George J. Steese, 701 Coburn St., Akron, Ohio."

Movements of Electricity.

Tests made in London show that the electrical traction lines of that city set in motion ether currents of electricity which can be distinctly recorded by delicate instruments in the Kew observatory, six miles distant from the lines of the electric railroads. The marks made upon a sensitive surface are so plain that they form a virtual time table of the electric traction lines.

Tired, Nervous Mothers

Make Unhappy Homes—Their Condition Irritates Both Husband and Children—How Thousands of Mothers Have Been Saved From Nervous Prostration and Made Strong and Well.



Mrs. Chester Curry, Leader of the Ladies' Symphony Orchestra, 42 Saratoga Street, East Boston, Mass.

A nervous, irritable mother, often on the verge of hysterics, is unfit to care for children; it ruins a child's disposition and reacts upon herself. The trouble between children and their mothers too often is due to the fact that the mother has some female weakness, and she is entirely unfit to bear the strain upon her nerves that governing children involves; it is impossible for her to do anything calmly.

The ills of women act like a firebrand upon the nerves, consequently nine-tenths of the nervous prostration, nervous despondency, "the blues," sleeplessness, and nervous irritability of women arise from some derangement of the female organism.

Do you experience fits of depression with restless sleep, alternating with extreme irritability? Are your spirits easily affected, so that one minute you laugh, and the next minute you feel like crying?

Do you feel something like a ball rising in your throat and threatening to choke you; all the senses perverted, morbidly sensitive to light and sound; pain in the abdominal region, and between the shoulders; searing-down pains; nervous dyspepsia and almost continually cross and snappy?

If so, your nerves are in a shattered condition, and you are threatened with nervous prostration. Proof is monumental that nothing in the world is better for nervous prostration than Lydia E. Pinkham's Vegetable Compound; thousands and thousands of women can testify to this fact.

Ask Mrs. Pinkham's Advice—A Woman Best Understands a Woman's Ills.

The Coming Bath.

"The bath of the next century," says T. Baron Russell in his book, "A Hundred Years Hence," "will have the body speedily with oxygenated water delivered with a force that will render rubbing unnecessary, and beside it will stand the drying cupboard, lined with some quickly moving arrangement of soft brushes, and fed with a highly disiccated air, from which, almost in a moment, the bath-er will emerge dried, and with a skin gently stimulated, and perhaps electrified, to clothe himself quickly and pass down the lift to his breakfast, which he will eat to the accompaniment of a summary of the morning's news read out for the benefit of the family, or whispered into his ears by a talking machine."

FITS, ST. VITUS DANCE, Nervous Diseases

permanently cured by Dr. Kline's Great Nerve Restorer. \$2 trial bottle and treatise free. Dr. H. B. Kline, Ltd., 681 Arch St., Phila., Pa.

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has doubled since 1898.

Mrs. Winslow's Soothing Syrup for Children

teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

New Light on the Race Problem.

Robert Bennett Bean, M. D., believes that scientific investigation has proved an absolute and structural difference in the brain of the white man and the negro, a difference which must be considered in any rational adjustment of the relations between the two races. He has prepared for the September Century the first full authoritative discussion, adequately illustrated, of the matter to be published, a discussion which cannot fail to throw interesting and valuable light upon the race problem in America and other countries.

The Great American Hen.

Someone has figured that the American hen each year earns enough to buy all the silver and gold dug out of the mines, all the sheep in the country and their wool, and leave a balance equal to the entire year's crop of rye, barley, buckwheat and potatoes. Or, as a hen enthusiast writes, "she pays the interest on all the farm mortgages, pays the entire state and country taxes of the whole Union, and then leaves a balance large enough to give every man, woman and child in the United States a dollar." —Farming Magazine.

Stations Away From Town.

It is a peculiarity of Russian railways that their stations are generally two miles distant from the smaller towns and villages which they serve. This is said to be on account of the danger of fire, the houses in small places generally being thatched with straw.

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If I could take you to my large factories at Brockton, Mass., and show you how carefully W. L. Douglas shoes are made, you would then understand why they hold their shape, fit better, wear longer, and are of greater value than any other make.

Wherever you live, you can obtain W. L. Douglas shoes. His name and price is stamped on the bottom, which protects you against high prices and inferior shoes. Take no substitute. Ask your dealer for W. L. Douglas shoes and insist upon having them.

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