

DOES YOUR BACK ACHE?

Profit by the Experience of One Who Has Found Relief.

James R. Keeler, retired farmer, of Fenner St., Cazenovia, N. Y., says: "About fifteen years ago I suffered with my back, which grew worse and worse until it spread over the whole body, and only my face and hands were free. For four months or so I suffered torments, and I had to scratch, scratch until I bled. At night when I went to bed things got worse, and I had at times to get up and scratch my body all over until I was as sore as could be, and until I suffered excruciating pain. They told me that I was suffering from eczema. Then I made up my mind that I would use the Cuticura Remedies. I used them according to instructions, and very soon indeed I was greatly relieved. I continued until well, and now I am ready to recommend the Cuticura Remedies to any one. Mrs. Mary Metzger, Sweetwater, Okla., June 28, 1905."

Drinking Prohibited. The use of whisky and other alcoholic beverages by Government or municipal employes during hours of service is practically prohibited in Belgium, with the result that drunkenness is rarely met with in any branch of the public service and never among railway employes.

TORTURED WITH ECZEMA.

Tremendous Itching Over Whole Body—Scratched Until Bled—Wonderful Cure by Cuticura.

"Last year I suffered with a tremendous itching on my back, which grew worse and worse until it spread over the whole body, and only my face and hands were free. For four months or so I suffered torments, and I had to scratch, scratch until I bled. At night when I went to bed things got worse, and I had at times to get up and scratch my body all over until I was as sore as could be, and until I suffered excruciating pain. They told me that I was suffering from eczema. Then I made up my mind that I would use the Cuticura Remedies. I used them according to instructions, and very soon indeed I was greatly relieved. I continued until well, and now I am ready to recommend the Cuticura Remedies to any one. Mrs. Mary Metzger, Sweetwater, Okla., June 28, 1905."

We Are Growing Younger.

We are a younger people than we were 50 years ago. The proportion of babies to the total population has increased. The proportion of old people has diminished. So says the United States census of 1900. Of the babies that are born, three now reach the age of 50 for every two that reached it 50 years ago. Infant mortality has diminished, but old-age mortality has increased. Since 1890 the increase of the death rate from 60 to 64 is 7 per cent; from 65 to 69, 6 1/2 per cent; from 70 to 74, 16 1/2 per cent; from 75 to 79, 7 per cent; from 80 to 84, 15 per cent; from 85 to 89, 12 per cent; from 90 to 94, 30 1/2 per cent; from 95 up, 20 1/2 per cent. That is the record that Dr. John V. Shoenberger gleams from the census of 1890, and corrects by later information procured from Washington. So we die earlier than our grandparents did. The reasons suggested for it are that a larger proportion of weaklings survive infancy, and that life is more luxurious, and the nervous strain of it greater than it used to be.—Harper's Weekly.

First Traveler Incognito.

Some investigator of curious subjects has discovered that the inventor of traveling incognito was Peter the Great of Russia. The next after the famous Russian sovereign to adopt the practice was Joseph II, of Austria, who, in 1777, made a tour of the Continent under the title of Count von Falkenstein. Charles X, passed as the Comte de Marles. The ex-Empress Eugenia, in her splendor, frequently took little trips as the Comtesse de Pierrefonds. King Leopold does so still as Comte de Ravenstein.

NO MEDICINE

But Change of Food Gave Final Relief.

Most diseases start in the alimentary canal—stomach and bowels. A great deal of our stomach and bowel troubles come from eating too much starchy and greasy food. The stomach does not digest any of the starchy food we eat—white bread, pastry, potatoes, oats, etc.—these things are digested in the small intestines, and if we eat too much, as most of us do, the organs that should digest this kind of food are overcome by excess of work, so that fermentation, indigestion, and a long train of ills result. Too much fat also is hard to digest and this is changed into acids, sour stomach, belching gas, and a bloated, heavy feeling. In these conditions a change from indigestible foods to Grape-Nuts will work wonders in not only relieving the distress, but in building up a strong digestion, clear brain and steady nerves. A Wash woman writes: "About five years ago I suffered with bad stomach—dyspepsia, indigestion, constipation—caused, I know now, from eating starchy and greasy food. "I doctored for two years without any benefit. The doctor told me there was no cure for me. I could not eat anything without suffering severe pain in my back and sides, and I became discouraged. "A friend recommended Grape-Nuts and I began to use it. In less than two weeks I began to feel better and inside of two months I was a well woman and have been ever since. "I can eat anything I wish with pleasure. We eat Grape-Nuts and cream for breakfast and are very fond of it." Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville," in pgs. "There's a reason."

Winter Dairying.

Winter dairying is each year growing in favor with farmers. They have found that the cost of keeping a winter milker is very little more than of keeping a cow that is to calve in the spring. The cows in the summer milked dairy will be drying off in November and by December the dairy will be a dry one, unprofitable, yet requiring a great amount of feed and care. How much better it is to have the cows come in fresh in October, keep them well fed and in comfortable stables



The Great American Hen. Some one 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 in Farming, "she pays the interest on all the farm mortgages, pays the entire state and county 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."

Cutting Silo Corn.

It is of primary importance to know at what stage corn should be cut to secure the best results. It is also necessary it is pointed out in Farming, that a careful study be made as to how rapidly nutriment is stored up in the corn plant and when the maximum amount is reached. When corn is fully tasseled it contains but eight-tenths of a ton of dry matter an acre or one-fifth of what it contains when fully ripe. When in milk it contains nearly three times as much dry matter as when fully tasseled. Only seventeen days were occupied in passing from the milk to the glazing stage, yet in this time there was an increase in the dry matter of 1.3 tons an acre. This shows the great advantage of letting the corn stand until the kernels are glazed. After this period the increase in dry matter is but slight.

Contaminated Grass.

An inspection of grass and clover seed, undertaken by the Vermont Agricultural Experiment station, has very great significance for farmers who buy their seeds in the open market; for it plainly appears that much of the seed so sold is of very inferior quality. The Vermont station authorities, acting in conjunction with the bureau of plant industry, of the United States Department of Agriculture, examined 735 lots of seed, representing fourteen varieties, and found them all more or less contaminated by the seeds of weed—sometimes harmless but often detestable, to say nothing of inert foreign matter, dirt and chaff. Samples of clover seeds were found to contain 13,000 weed seeds to the pound, one sample including 16,000 seeds of the red plantain. The tests also involved examination of the germinating power, which was often found to be low.

Save Falling Leaves.

When the leaves begin to fall, do not burn them. Save all of them. They make the humus that by and by becomes soil, and is of immense value in all its stages of change. The most irrational work ever done by a human being is to take what Nature has spent the whole summer in creating for him, and throw it back into its elemental conditions. These leaves are Nature's contribution, and her very best contribution to man's wealth. They are naturally spread all over the laws each year, as a winter protection; and after they have accomplished that mission they are worked over into a compost of humus. As a rule do not rake them so completely off the lawn. The leaves you do take instead of burning, use for banking up buildings, for that will save coal; to cover or bank plants; for stable bedding; or on the floors of henhouses, and in rooms where the hens may scratch during the winter. —Indianapolis News.

Eat More Apples.

Farmers and others who have a good apple orchard handy will be interested in what "Naturists" has to say about their value for medicinal purposes: Apple eating, especially before retiring, is very beneficial to health. Apples are very nutritious, for they contain more phosphoric acid than any other fruit or vegetable. If eaten before retiring the brain and liver will be benefited; undisturbed sleep is produced; the odor of the mouth is disinfected; the superfluous acids of the stomach are restrained; hemorrhoidal disturbances are paralyzed; secretion of the kidneys is accelerated; and the formation of stone prevented. The eating of apples is also an excellent preventive of indigestion, and of certain forms of throat troubles. This stray verse emphasizes the suggestion: Apple a day, keeps the doctor away; Apple at night, starve him outright; Apple each meal and one for sleep—Kill him and shroud him and bury him deep!

Maintaining Fertility.

There are several things the farmer must take into consideration when he sets about to learn how to maintain the fertility of his soil, writes C. D. Smith in the "Cultivator." The first is, what to raise and what not to raise, what to sell from the farm and what not to sell. There are some crops that require less fertility than other crops and still bring the farmer as much money. There are some crops that sell for practically no more than other crops, yet they take from the soil two or three times as much fertility. There are some products that can be produced on the farm, which when sold will remove practically no fertility from the soil. However they can be sold for as much or more than crops that draw heavily on the supply of fertility on the soil. Corn or wheat removes a great deal of fertility from the soil. To produce an acre of corn it requires over \$17 worth of fertility. To sell \$500 worth of corn and corn forage from a farm will mean a loss of more than \$350 worth of plant food. To produce an acre of wheat it requires no less than \$10 worth of fertility, and to sell \$500 worth of wheat and burn the straw in the stack as is done by some readers of The Journal of Agriculture in the Southwest, would mean a loss to the soil of no less than \$250 worth of fertility, while if \$500 worth of butter is sold from the farm no more than \$2 worth of fertility is taken to market with the butter. If \$500 worth of fat cattle are sold, the amount of fertility removed will, of course, be more than that by butter, but in no case will it be as great as that removed by the grains.

FINANCE AND TRADE REVIEW

DUN'S WEEKLY SUMMARY

Lower Temperature Has Stimulated Retail Trade in Seasonable Staples—Jobbers Busy.

R. G. Dun & Co.'s weekly review of trade says: Lower temperature has stimulated retail trade in seasonable staples, but interest is most conspicuous in holiday goods. Expectations of a record-breaking demand for Christmas specialties are being fully realized. Jobbing and wholesale houses are doing well for the season, but reports of mercantile collections show much irregularity.

The movement of freight is restricted by inadequate facilities, causing much trouble in the factories and mills, except where the supply of labor and raw materials is insufficient, and the vigorous demand for all commodities is indicated by the highest level of prices in recent years. The closing month of the year in the iron and steel industry promises to fully maintain the phenomenal rate of progress that has been experienced during the autumn, notwithstanding a further advance in some quotations that might be expected to curtail operations. Every available plant is now actively engaged, except where material cannot be secured, and the volume of business booked for next year assures many new records in 1907, unless some unforeseen disaster causes extensive cancellation of orders. Textile mills are operating a large percentage of the available machinery although the inadequate supply of labor continues to be a drawback. Increased strength has developed in a number of varieties of packer hides. Leather is firm but trade is quiet, especially at the East. Liabilities of commercial failures reported for November are \$11,980,782 compared with \$8,866,798 a year ago.

MARKETS.

Table with market prices for various commodities like Wheat, Corn, Oats, Flour, etc. in Pittsburgh, Baltimore, Philadelphia, and New York.

What Do They Cure?

The above question is often asked concerning Dr. Pierce's two leading medicines, "Golden Medical Discovery" and "Favorite Prescription." The answer is that "Golden Medical Discovery" is a most potent alterative or blood-purifier, and tonic or invigorator and acts especially favorably in a curative way upon all the mucous lining surfaces, as of the nasal passages, throat, bronchial tubes, stomach, bowels and bladder, curing a large per cent. of catarrhal cases whether the disease affects the nasal passages, the throat, larynx, bronchia, stomach (as catarrhal dyspepsia), bowels (as mucous dysentery), bladder, uterus or other pelvic organs. Even in the chronic or obstinate stages of these ailments, it is often successful in affecting a cure. The "Favorite Prescription" is advised for the cure of a large class of diseases—these being weakness, irritability and irregularities incident to women only. It is a powerful yet gently acting invigorating tonic and nerve. For weak worn-out, over-worked women—no matter what has caused the break-down, "Favorite Prescription" will be found most effective in building up the strength, regulating the woman's functions, subduing pain and bringing about a healthy, vigorous condition of the whole system. A book of particulars wraps in each bottle giving the formula of both medicines and quoting what scores of eminent medical authors, whose works are consulted by physicians of all the schools of practice as guides in prescribing, say of each ingredient entering into these medicines. The words of praise bestowed on the several ingredients entering into Dr. Pierce's medicines by such writers should have more weight than any amount of non-professional testimonials, because such men are writing for the guidance of their medical brethren and know whereof they speak. Both medicines are non-alcoholic, non-secret, and contain no harmful habit-forming drugs, being composed of glyceric extracts of the roots of native, American medicinal forest plants. They are both sold by dealers in medicine. You can't afford to accept as a substitute for one of these medicines of known composition, any secret nostrum. Dr. Pierce's Pellets, small, sugar-coated, easy to take as candy, regulate and invigorate stomach, liver and bowels.

Where the Flea Excels.

A flea is the most powerful broad jumper for its size in the world. It would take about 20 of these insects to make an inch in length, and an athletic flea in good training can hop about 40 inches, or 800 times its own length. Just imagine a man jumping that far in proportion to his height. He would cover at a single leap four thousand four hundred feet, or nearly a mile. It would be no trouble at all to jump across the Hudson river, and the railroads would lose vast amounts of traffic by having their suburban money diminished, for the business men who have their homes near the cities could, by merely executing a series of hops each day, reach their homes in exceptionally rapid time, and with no expense save a little muscular exertion which would probably be beneficial after being cramped up in an office all day.—Detroit Free Press.

The Postmaster's Report.

The following is a verbatim copy of the first report made to Postmaster General Cortelyou by a newly appointed postmaster in a rural district of North Carolina: "I must report to you, Dear Sir, that I have been required by the instructions of the postoffice to report quarterly, I now fulfil that present duty by reporting as follows. The harvest has been good on purty well and most of the naburs have got their cuttin about dun, wheat is hardly a average crop on rollin lans corn is yellisher and wont cut more than hoshilis to the good the health of the community is only torrettable meesels and cholry has broken out in about 2 and a half mile from hear, thare are a powfull awaken on the subject of religion in the Potts naburhood and many soles are bein made to know thare sins forgivew. Miss Nancy Mick's a near nabur had a new baby but he is a poor scraggy little feller and wont live half his day this is about, all I know and have to report the present quarter give my respects to MISS Cortelyou and subscribe myself yours truly."—Harper's Weekly.

Worth Knowing.

That Alcock's Plasters are the highest result of medical science and skill, and ingredients and method have never been equaled. That they are the original and genuine porous plasters upon whose reputation imitators trade. That they never fail to perform their remedial work quickly and effectually. That for Weak Back, Rheumatism, Colds, Lung Trouble, Strains and all Local Pains they are invaluable. That when you buy Alcock's Plasters you obtain the best plasters made. More than 11,000 people were imprisoned in England last year for debt. Most were victims of the installment plan. To Clean a Carpet on the Floor. Sweep the carpet thoroughly, then sprinkle with cornmeal or coarse salt, and sweep again. Dissolve a bar of Ivory Soap in three gallons of water, and with a sponge or soft broom, go over the carpet. Rinse in the same way with clear, warm water and let the air pass through the room until the floor is dry. ELKANOR B. PARKER. Fan making keeps over 60,000 of the inhabitants of Nanking busy.

No Longer "Slaves."

The word "nutsal" or "slave" has hitherto been used by all the Manichurian officials as well as military officials in addressing the throne, but it is now proposed to stop such words being used hereafter and to order them to use the word "shen" or servant of a sovereign, which is at present used by Chinese officials and civil officials. An imperial decree to that effect will be issued when the new administrative system is published.—Shanghai Mercury.

FITS, St. Vitus' Dance, Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. \$3 trial bottle and treatise free. Dr. H. R. Kline, Ltd., 931 Arch St., Phila., Pa.

In India the wages paid for coal mining are 22 cents a ton. Women as well as men are employed.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 30c a bottle.

Dowie Loses Mexican Land. Dowie no longer holds title to the 10,000-acre concession from the Mexican Government. After Dowie returned to the States, some months ago, to defend himself from being deposed, the Mexican establishment went to pieces, and the title has reverted to the Government.

French horticulturists have apparently been very successful of late in raising dwarf trees, and one of the features of dinner parties among the rich now is to serve the fruit upon the tree.

Cataract Cannot Be Cured with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Cataract is a local or constitutional disease, and in order to cure it you must take internal remedies. HALL'S CATARRH CURE is taken internally, and acts directly on the blood and mucous membrane. HALL'S CATARRH CURE is not a quick medicine. It was prescribed by one of the best physicians in this country for years and is a regular prescription. It is composed of the best known ingredients, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing Catarrh. Send for testimonials free. F. J. CHERRY & Co., Props., Toledo, O. Take Hall's Family Pills for constipation.

It is now the custom in New York City with few exceptions, for girls to attend the public schools without wearing hats. On pleasant days there is only one hat to about twenty girls.

There is no satisfaction keener than being dry and comfortable when out in the hardest storm. YOU ARE SURE OF THIS IF YOU WEAR TOWER'S WATERPROOF OILED CLOTHING. BLACK OR YELLOW. On sale everywhere. Send for catalogue.

You CANNOT CURE all inflamed, ulcerated and catarrhal conditions of the mucous membrane such as nasal catarrh, uterine catarrh caused by feminine ills, sore throat, sore mouth or inflamed eyes by simply dosing the stomach. But you surely can cure these stubborn affections by local treatment with Paxtine Toilet Antiseptic which destroys the disease germs, checks discharges, stops pain, and heals the inflammation and soreness. Paxtine represents the most successful local treatment for feminine ills ever produced. Thousands of women testify to this fact. 50 cents at druggists. Send for Free Trial Box THE R. F. PAXTON CO., Boston, Mass. P. N. U. 50, 1906.

Patents. 48 p. book free. Highest refs. Send for copy. The Patent Office, U.S. Dept. of Commerce, Washington, D.C.

Thompson's Eye Water. If afflicted with weak eyes, use Thompson's Eye Water.

Chickens Earn Money! If You Know How to Handle Them Properly. Whether you raise Chickens for fun or profit, you want to do it intelligently and get the best results. The way to do this is to profit by the experience of others. We offer a book telling all you need to know on the subject—a book written by a man who made his living for 25 years in raising Poultry, and in that time necessarily had to experiment and spent much money to learn the best way to conduct the business—for the small sum of 25 cents in postage stamps. It tells you how to Detect and Cure Disease, how to Feed for Eggs, and also for Market, which Fowls to Save for Breeding Purposes and indeed about everything you must know on the subject to make a success. SENT POSTPAID ON RECEIPT OF 25 CENTS IN STAMPS.

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