

Nothing I Ate Agreed With Me.



MRS. LENORA BODENHAMER.

Mrs. Lenora Bodenhamer, R. F. D. 1, Box 99, Kamesville, N. C. writes: "I suffered with stomach trouble and indigestion for some time, and nothing that I ate agreed with me. I was very nervous and experienced a continual feeling of uneasiness and fear. I took medicine from the doctor, but it did me no good. I found in one of your Peruna books a description of my symptoms. I then wrote to Dr. Hartman for advice. He told me I had catarrh of the stomach. I took Peruna and Manalin and followed his directions and can now say that I feel as well as I ever did. I hope that all who are afflicted with the same symptoms will take Peruna, as it has certainly cured me. The above is only one of hundreds who have written similar letters to Dr. Hartman. Just one such case as this entitles Peruna to the candid consideration of every one similarly afflicted. It is the true of the testimony of one person who ought to be the testimony of hundreds, yes thousands, of honest, sincere people. We have in our files a great many other testimonials.

Peppys' Opinion of Shakespeare.
Peppys' Diary, 1659-1669, commenting on Shakespeare's plays, says of "Midsummer Night's Dream": "It is the most insipid, ridiculous play I ever saw in my life;" and upon reading "Othello, Moor of Venice," which I have hitherto esteemed a mighty good play; but having lately read the 'Adventures of Five Hours,' it seems a mean thing."

An Exceptional Opportunity

7%
PREFERRED STOCK
of the
Regal Shoe Co.
(at Par, \$100 Per Share.)

An opportunity is offered to conservative investors seeking a safe yet remunerative security to become interested in one of the most successful business enterprises in America. This widely known concern, making as it does a universal necessity and selling its own CASHEM shoes at popular prices from 125 of its own stores and agencies, has received up to Jan. 1st, 1927, some 250 applications from various retail dealers for agencies. Only 40 of these, however, can be established now because of present manufacturing limitations, but in order to put itself in condition to grant as many as possible of these applications this stock is being offered to the public. The money from the sale of which will be used immediately to enlarge the factory at Whitman, Mass., so that it can produce the footwear required by this assured new business.

In 1926 the Regal earnings were over \$218,000, the indicated cash earnings for 1927 are \$250,000, yet the dividend requirements of this 7 per cent. Preferred Stock are only \$175,000.

The Preferred is in effect a First Mortgage on the company's entire assets and the dividend is the FIRST charge paid.

It is significant that the men who started the business are still running it, will continue to run it and are offering any of their common stock for sale.

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PIMPLES

"I tried all kinds of blood remedies which failed to do me any good but I have found the right thing at last. My face was full of pimples and black heads. After using the remedy they all left. I am continuing the use of them and recommending them to my friends. I feel fine and am enjoying my morning. Hope to have a chance to recommend Cascares." Fred C. Witten, 76 Elm St., Newark, N. J.



Pleasant, Palatable, Painless, Taste Good, No Food, Never Sickens, No Vomiting, No Laxative, No Pain, Guaranteed to cure or your money back. Sterling Remedy Co., Chicago or N.Y. 525

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FREE To convince any woman that PAXTINE will improve her health and give her a clear complexion for life. We will send her absolutely free a large trial box of Paxtine with book of instructions and genuine testimonials. Send your name and address on a postal card.

PAXTINE cleanses and heals in mucous membranes infections, such as nasal catarrh, pelvic catarrh and inflammation caused by feminine ills; sore eyes, sore throat, and mouth, by direct local treatment. Its curative power over these troubles is extraordinary and gives immediate relief. Thousands of women are using and recommending it every day. 50 cents at drug stores or by mail. Remember, however, IT COSTS YOU NOTHING TO TRY IT. THE H. PAXTON CO., Boston, Mass.

Binder Twine Farmers wanted an agency. Agent Post, Boston, Mass. P. N. O. 22, 1927.

Thompson's Eye Water

Hymns Proper to the Day.
It was Archbishop Temple who complained that when he stayed with a parson they always give me 'The Church's One Foundation' and 'Cold Chicken, and I hate them both.' A bishop of a more sentimental turn was recently staying with one of his country clergy. About the breakfast hour he heard the strains of "Rock of Ages" sounding through the house. At the breakfast table he remarked how sweetly the hymn sounded. Then said the vicar's last born, "That was cook." The bishop expressed pleasure at the melodies of cook. "She always sings 'Rock of Ages' to boil the eggs," said the child; "three verses for soft boiled, five for hard."—London Telegraph.

And This, Too, Is Coming.
The "haystack hat" is all the rage in London. A millinery expert tells how it is achieved. "In the first place," he says, "the hair must be dressed as high as possible. A thick pad must be pinned on the crown of the head, and over this the hair must be rolled. The rolls must then be arranged in quantities of small curls, rising in a pyramid form. The hat must be lightly poised on this erection and secured by two long hatpins. The hair must then be loosened in front and pinned up to the brim of the hat." It must be almost as beautiful as the mushroom hats that the girls, from 18 to 80, are wearing over here.

Water Power in Sweden.
In Sweden the government has become very much interested in the numerous water powers which have made that country famous, but not for the purpose of possessing them as show places, but, rather, in order to insure economical sources of power for all time for the state railways. Recently some six or eight of the most famous waterfalls have been acquired by the government. The plan is to electrify all the state railroads. Already high voltage singlephase electric traction has been installed on a large scale on the main lines. Hydraulic power plants furnish ideal sources of energy for such roads, and have the advantage of being available for practically all time.

FITS, St. Vitus' Dance, Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. 29 trial bottle and treatise free. Dr. H. R. Kline, M.D., 381 Arch St., Phila., Pa.

Climate of Asia Minor.
The climate of Asia Minor enjoys somewhat undeservedly the reputation of being more or less tropical. As a matter of fact, the cold during the months of December, January and February reaches an average point where heating is a necessity.

To improve the general health, take Garfield Tea daily for a time; it purifies the blood, eradicates rheumatism and many chronic ailments, and keeps the health good! Garfield Tea is made of herbs; it is guaranteed under the Pure Food and Drugs Law. Garfield Tea Co., Brooklyn, N. Y.

Credited to Webster.
Although it was Abraham Lincoln in his Gettysburg speech who made famous the phrase, "Government of the people, by the people, for the people," the father of the sentiment was really Daniel Webster, who, 30 years previously, had spoken of "the people's government, made for the people, made by the people, and answerable to the people." The next stage in the crystallization of the phrase was in 1850, when another great American, Theodore Parker, alluded to "a government of all the people, by all the people, for all the people." Then in 1863 Lincoln put the finishing touch and gave democracy its watchword.—Chicago News.

Earthquake Discloses Treasure.
An earth tremor, followed by a great tidal wave, has thrown up a remarkable treasure trove on the shore at Nazareth, one of the prettiest resorts on the Portuguese coast. Among the articles found are a large quantity of ancient arms, valuable coins of all nationalities, gold buttons, scarfpins and other jewelry of considerable value. It proves to be treasure hidden in the ancient stronghold of the butcaneers of the Spanish Main.

A Lazy Liver
May be only a tired liver, or a starved liver. It would be a stupid as well as a savage thing to beat a weary or starved man because he lagged in his work. So in treating the lagging, torpid liver it is a great mistake to lash it with strong drastic drugs. A torpid liver is but an indication of an ill-nourished, enfeebled body whose organs are weary with overwork. Start with the stomach and allied organs of digestion and nutrition. Put them in working order and see how quickly your liver will become active. Dr. Pierce's Golden Medical Discovery has made many marvelous cures of "liver trouble" by its wonderful control of the organs of digestion and nutrition. It restores the normal activity of the stomach, increases the secretions of the blood-making glands, cleanses the system from poisonous accumulations, and so relieves the liver of the burdens imposed upon it by the defection of other organs.

If you have bitter or bad taste in the morning, poor or variable appetite, coated tongue, foul breath, constipated or irregular bowels, feel weak, easily tired, dependent, frequent headaches, pain or distress, "small of back," gnawing or distressed feeling in stomach, perhaps nausea, "morning risings" in throat after eating, and kindred symptoms of weak stomach and torpid liver, no medicine will relieve you more promptly or cure you more permanently than Dr. Pierce's Golden Medical Discovery. Perhaps only a part of the above symptoms will be present at one time and yet point to torpid liver or biliousness and weak stomach. Avoid all hot bread and biscuits, griddle cakes and other indigestible food and take the "Golden Medical Discovery" regularly and stick to it until you are vigorous and strong.

The "Discovery" is non-secret, non-alcoholic, is a glyceric extract of native medicinal roots with a full list of its ingredients printed on each bottle wrapper and attested under oath. Its ingredients are endorsed and extolled by the most eminent medical writers of the age and are recommended to cure the diseases for which it is advised. Don't accept a substitute of unknown composition for this non-secret medicine of known composition.



Iron Pipe Preferred.
Great care should be taken in keeping the kitchen sink clean, whether new or old. It should have a thorough scrubbing down with boiling water after every dishwashing. An occasional flushing with a solution of soda or copperas will keep even the oldest one clean, and free the pipes and trap from grease. All wood should be removed from the sink. Modern plumbers use iron instead of lead pipe almost entirely.

For Keeping Centerpieces.
Housewives sometimes have trouble in putting away their table centerpieces which have been ironed without a crease. Few drawers are wide enough to admit them without folding and a handsome centerpiece never looks well with folds in it. This trouble may all be obviated by rolling the centerpiece around a pastboard roll, or tube such as pictures are sent in. If one of these is not obtainable, make your own roll from newspapers rolled the desired size and covered with white muslin. Roll the centerpiece around this and pin to hold in position.

Kitchen Comfort.
In every kitchen there should be a very high chair and a very low chair. Economy of strength is true wisdom on the part of a worker, and much standing and constant fatigue—and sometimes actual illness—may be avoided by the use of proper chairs. Plain ironing, mixing of puddings and many other tasks may be done as well when sitting on a high chair or stool as when standing. The low chair is useful for sitting in to shell peas or stem currants, when it is convenient to have a bowl in one's lap, and another bowl or basket on the floor beside one.

A Novel Kettle.
With the time-and-trouble saving spirit of the day an enterprising inventor has produced a novel hot water kettle which it is guaranteed cannot boil over under any circumstances. It has a steam chamber, into which the water, as it rises when violently boiling, is made to pass through openings and to fall back into the main body of the kettle. The spout comes from the steam chamber, but none of the steam escapes, as it is baffled and connected only indirectly. The steam chamber may be used for cooking as well as for providing boiled water that is perfectly pure.

Lamp and Candle Shades.
Most women take pleasure in making dainty things that add to the attractiveness of their homes. Shades for lamps and candles are, as a general thing, frightfully expensive if bought in the shops, and comparatively inexpensive if made at home. Those who like the Empire style paint on cartridge paper graceful floral designs. These they edge with a ruche of light pink or cherry-colored ribbon, introducing a couple of rows of box-pleated satin ribbon of the same hue at the lower edge; then at one side they place a bow of the same ribbon for the top of the shade and one at the base, united by a strip of the same.

A light pink silk candle shade can be bordered on either edge with point d'esprit in a renaissance design, outlined with silk or braid in gold. A good deal of gold tissue is also employed for these shades; nearly all the newest ones have bows of ribbon somewhere, often with longer ends than accord well with their tidy appearance.—New York Mail.

Recipes.
Rich Cup Cake—One cup of butter, 2 cups of sugar, 1 cup of milk, 4 cups of flour, 1 teaspoon of cream tartar, 1-2 teaspoon soda. Put together as directed for any plain cup cake. This will make 2 large loaves. Bake in a moderate oven 60 minutes.

Moulded Ham and Eggs—One cup boiled ham chopped fine, mix with it 1-2 cup cream sauce and white of 1 egg beaten frothy; line buttered individual timbale moulds with the mixture, break a raw egg in centre of each one and bake 10 minutes in moderate oven.

Hamburg Steak Loaf—Two pounds hamburger steak, two eggs and one-half cup water, 1 cup of cracker crumbs, one onion chopped fine, one piece of butter size of an egg, salt and pepper to taste. Mix all together and put in a bread pan and bake one hour; serve with mashed potatoes.

Chicken and Rice, Spanish Style—Clean and cut up a chicken. In a deep frying pan put one-half of a cupful of olive oil, and beat gradually, adding two bruised cloves of garlic. When the latter begins to color lay in the chicken and turn until a golden brown all over; add two sweet red peppers cut in strips, and two white onions, sliced, and continue cooking. When the onions are brown, add four tomatoes cut fine, and one-quarter of a pound of rice, cover with water or stock and simmer until the rice is tender, adding salt to taste and more stock if necessary. Serve hot.

Old and New Concrete.
The difficulty now found in bonding together new and old concrete has been obviated by a recent patent. This bond consists of an extract of coal tar, used instead of water as the mixing agent for neat Portland cement. The mixture is laid in one-eighth inch to one-quarter inch layers on the old concrete surface, and immediately followed by new concrete or mortar. The inventor claims the compound to be entirely insoluble, and to form a complete and monolithic bond between the old and new works. It is furnished to customers free, they paying the freight and cost of barrels, the cost being covered by a certain royalty a square foot paid to the patentee of the process.—Philadelphia Record.

Special Trains—Nat'l Ed. Ass'n. and Chr. Endeavor Conventions.
Personally conducted special trains via the Chicago, Union Pacific & North-Western Line leave early in July for the Pacific Coast. Special all-expense tours at very low rates for the round trip, including sleeping car accommodations, meals, etc. All the advantages of a delightful and carefully arranged tour in congenial company. Write for itineraries and full particulars. S. A. Hutchison, Manager Tourist Department, 212 Clark Street, Chicago.

Birth Rate in England Shows Decline.
The vital statistics of Great Britain, just made public, show that this country has reason to dread the evil against which President Roosevelt has protested so often—race suicide. Figures compiled in England and Wales show that the birth rate in 1906 was the lowest ever recorded. In all there were 924,391 birth, which is at the rate of 27 for every 1,000 population. This is 1.7 to 1,000 below the average for the preceding 10 years. At the same time the death rate has grown smaller. The rate for the year was 15.4 to 1,000 as compared with 16.8 during the preceding 10 years.

BACKACHE IS KIDNEYACHE.
Cure the Kidneys and the Pain Will Never Return.
Only one way to cure an aching back. Cure the cause, the kidneys. Thousands tell of cures made by Doan's Kidney Pills. John C. Coleman, a prominent merchant of Swainsboro, Ga., says: "For several years my kidneys were affected, and my back ached day and night. I was languid, nervous and lame in the morning. Doan's Kidney Pills helped me right away, and the great relief that followed has been permanent." Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

Weight on the Planets.
The average weight of man is 140 pounds, but the force of gravity on Mars is 40% much less than on earth that the 140-pound man would weigh only 53 pounds if transported thither. With such light weight, and still retaining the same strength, an individual would be able to run with the speed of an express train, go skipping over 10-foot walls and do various other extraordinary things. On the moon a man would be even lighter. But on the sun our 140-pound man would have his troubles. Instead of being an airy individual, he would weigh a ton and three-quarters. He probably would have the greatest difficulty in raising his hand, for that member would weigh 300 pounds. According to scientific computation, a man who on earth weighs 140 pounds would go to the other celestial bodies with the following weights: Moon 28 pounds, Mars 53, Venus 114, Mercury 119, Neptune 123, Uranus 127, Saturn 165, Jupiter 371, Sun 3,971.—Chicago Tribune.

The Old Man's Tip.
"Bill, my boy," wrote the old man to the college youth, "when you're ririn' in them new fashioned automobiles at 40 mile an hour, don't forget that you deal raised to the ox-cart, an' that it brings you to whar you air; an' when you're whirin' them golf sticks, don't fail to remember that it wuz the ol' ax-handle that helped you to get to 'em; an' when you leave fer yer home vacation, don't forget to leave yer highfalutin airs behind you, for ef you fetch any of 'em with you I'll wear out more seasoned hickory on you than you ever dreamed growed in the woods!" Atlantic Constitution.

DR. TALKS OF FOOD
Pres. of Board of Health.
"What shall I eat?" is the daily inquiry the physician is met with. I do not hesitate to say that in my judgment, a large percentage of disease is caused by poorly selected and improperly prepared food. My personal experience with the fully-cooked food, known as Grape-Nuts, enables me to speak freely of its merits. "From overwork, I suffered several years with mainnutrition, palpitation of the heart, and loss of sleep. Last summer I was led to experiment personally with the new food, which I used in conjunction with good rich cow's milk. In a short time after I commenced its use, the disagreeable symptoms disappeared, my heart's action became steady and normal, the functions of the stomach were properly carried out and I again slept as soundly and as well as in my youth. "I look upon Grape-Nuts as a perfect food, and no one gainsay but that it has a most prominent place in a rational, scientific system of feeding. Any one who uses this food will soon be convinced of the soundness of the principle upon which it is manufactured and may thereby know the facts as to its true worth." Read, "The Road to Wellville," in pkgs. "There's a Reason."



MISS JULIE FLORENCE WALSH

WOMEN SUFFER
Many women suffer in silence and drift along from bad to worse, knowing well that they ought to have immediate assistance. How many women do you know who are perfectly well and strong? The cause may be easily traced to some feminine derangement which manifests itself in depression of spirits, reluctance to go anywhere or do anything, headache, dragging sensations, flatulency, nervousness, and sleeplessness. These symptoms are but warnings that there is danger ahead, and unless heeded, a life of suffering or a serious operation is the inevitable result. The best remedy for all these symptoms is
Lydia E. Pinkham's Vegetable Compound
made from native roots and herbs. No other medicine in the country has received such widespread and unqualified endorsement. No other medicine has such a record of cures of female ills. Miss J. E. Walsh, of 328 W. 36th St., New York City, writes:—"Lydia E. Pinkham's Vegetable Compound has been of inestimable value in restoring my health. I suffered from female illness which caused dreadful headaches, dizziness, and dull pains in my back, but your medicine soon brought about a change in my general condition, built me up and made me perfectly well." Lydia E. Pinkham's Vegetable Compound cures Female Complaints, such as Backache, Falling and Displacements, Inflammation and Ulceration, and organic diseases. It is invaluable in preparing for child-birth and during the Change of Life. It cures Nervous Prostration, Headache, General Debility, and invigorates the whole system.
Mrs. Pinkham's Standing Invitation to Women
Women suffering from any form of female weakness are invited to write Mrs. Pinkham, at Lynn, Mass. Her advice is free.

The owners of coffee houses in Budapest have decided to employ no girls belonging to trade unions. The lockout affects more than 3,000 young women.

To be on good terms with human nature, Be Well! Garfield Tea purifies the blood, eradicates disease, regulates the digestive organs and brings Good Health! Manufactured by Garfield Tea Co., Brooklyn, N. Y. Sold by druggists.

Tribute of Horseshoes.
An odd custom of great antiquity still prevails in the town of Oakham, in Rutlandshire. Every peer of the realm passing near the castle which was built by Walkelin de Ferras is expected to deliver a shoe from the foot of one of his horses or to pay a fine in default. The fine usually takes the form of an ornamental horseshoe, often surmounted by the coronet of the peer presenting it. The total number of shoes at present in possession of the local authorities is 300, and among the most valued are those presented by Queen Elizabeth, King George IV., Queen Victoria and Queen Alexandra.—Dundee Advertiser.

Think It a Bad Bargain.
One of the Japanese visitors in New York, Baron Ozawa, says his government does not want to buy the Philippine Islands just now. "Japan has no objection to the United States keeping them," he says "and hopes the United States will always keep the Philippines." Even at an auction sale, we doubt that Uncle Sam could get this bad bargain off his hands.—Boston Globe.

ECZEMA COVERED BABY.
Worst Case Doctors Ever Saw—Suffered Untold Misery—Perfect Cure by Cuticura Remedies.
"My son, who is now twenty-two years of age, when four months old began to have eczema on his face, spreading quite rapidly until he was nearly covered. The eczema was something terrible, and the doctors said it was the worst case they ever saw. At times his whole body and face were covered, all but his feet. I used many kinds of patent medicines to no avail. At last I decided to try Cuticura, when my boy was three years and four months old, having had eczema all that time and suffering untold misery. I began to use all three of the Cuticura Remedies. He was better in two months; in six months he was well. Mrs. R. L. Risley, Piermont, N. H., Oct. 24, 1905."

The Grand Trunk Pacific Railroad Company is about to erect what is said to be the largest grain elevator in the world at Mission River. It will have a capacity of 10,000,000 bushels.

Wireless Experiments.
Admiral H. N. Manney, one of the American representatives at the wireless conference in 1906, is quoted in Berlin as authority for the statement that, whereas before the conference a quarter of a mile was the limit for wireless telephoning, it is now possible to communicate over a distance of 30 miles. The system experimented with is meant for marine use only, as it is more costly and less effective on land than the ordinary system.

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Reduced fare on all railroads for trip to Boston and return.
Family, School, College and Society Reunions, Historical Pilgrimages, Military and Naval Demonstrations, Monster Parades, Electrical Displays, Tournaments, Races, Carnivals, Receptions, Free Exhibitions, Concerts and Entertainments.
A series of mid-summer festivities such as no city in the world has ever offered its guests. Write to OLD HOME WEEK COMMITTEE, BOSTON, MASS.
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Don't swelter this summer with the temperature at 110. Get a New Perfection Wick Blue Flame Oil Stove and have a cool kitchen. The
NEW PERFECTION Wick Blue Flame Oil Cook-Stove
produces a working flame instantly. Blue flame means highly concentrated heat, no soot, no dirt. Oil is always at a maintained level, ensuring a uniform flame. Made in three sizes. Every stove warranted. If not at your dealer's write to our nearest agency for descriptive circular.
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