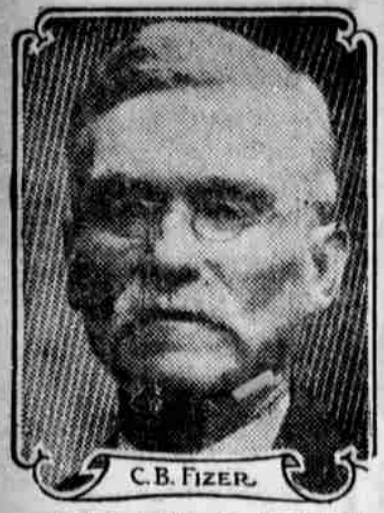


### KIDNEY TROUBLE

Suffered Ten Years—Relieved in Three Months.



C.B. FIZER.

MR. C. B. FIZER, Mt. Sterling, Ky., writes: "I have suffered with kidney and other trouble for ten years past. Last March I commenced using Peruna and continued for three months. I have not used it since, nor have I felt a pain. I believe that I am well and I therefore give my highest commendation to the curative qualities of Peruna."

#### Fe-ru-na For Kidney Trouble.

Mrs. Geo. H. Simser, Grant, Ontario, Can., writes: "I had not been well for about four years. I had kidney trouble, and, in fact, felt badly nearly all the time. This summer I got so very bad I thought I would try Peruna, so I wrote to you and began at once to take Peruna and Manalin. I took only two bottles of Peruna and one of Manalin, and now I feel better than I have for some time. I feel that Peruna and Manalin cured me and made a different woman of me all together. I bless the day I picked up the little book and read of your Peruna. It is the business of the kidneys to remove from the blood all poisonous materials. They must be active all the time, else the system suffers. There are times when they need a little assistance. Peruna is exactly this sort of a remedy. It has saved many people from disaster by rendering the kidneys service at a time when they were not able to bear their own burdens."

#### Foot Reform in China.

The Viceroy, Tuan Fang, of Nan King, China, having heard that a young woman of Chi Yang Shien had once been put to death for unbinding her feet, at once instructed the sub-prefect of Hal Chou to investigate the matter. "If, as it has been averred," said the Viceroy, "the young lady in question, Mrs. Hsu Hu Shih, has been forced to commit suicide by her husband's parents for unbinding her feet, according to Tientsin Hul requirements, then these two must be punished—made to wear the cangue and forced to parade the streets of Chi Yang Shien as a warning to others. If the father-in-law has any official or literary rank he is to be cashiered. For, if these two persons be not punished, other parents in Chi Yang Shien will be doing the same to prevent their daughters and daughters-in-law from unbinding their feet, and so prevent the spread of enlightenment in that section of the empire. This must be stopped by every means in our power."—Boston Transcript.

#### Speed of the Motor Boat.

The fastest torpedo boat in the navy of the United States would be left far behind in a race by the latest type of motor boat, which is said to have made a speed of 32 miles an hour. It is natural that such a performance should have led to the discussion of the practicability of using motor boats in the navy. Naval officers think that a motor boat could have a single torpedo tube fitted in the bow and, thus equipped, could be sent on the deadly errand of the present torpedo boat. Every first-class battleship could have at least one motor boat of this design and equipment which could be carried on deck. In actual warfare it could be lowered and sent against the enemy, and by reason of its size and speed it might be able to get within range before being sunk.—Boston Globe.

#### PUTS THE "GINGER" IN.

##### The Kind of Food Used by Athletes.

A former college athlete, one of the long distance runners, began to lose his power of endurance. His experience with a change in food is interesting.

"While I was in training on the track athletic team my daily 'jogs' became a task, until after I was put on Grape-Nuts food for two meals a day. After using the Food for two weeks I felt like a new man. My digestion was perfect, nerves steady and I was full of energy."

"I trained for the mile and the half-mile runs (those events which require so much endurance) and then the long daily 'jogs,' which before had been such a task, were clipped off with ease. I won both events. "The Grape-Nuts food put me in perfect condition and gave me my 'ginger.' Not only was my physical condition made perfect, and my weight increased, but my mind was made clear and vigorous so that I could get out my studies in about half the time formerly required. Now most all of the university men use Grape-Nuts, for they have learned its value, but I think my testimony will not be amiss and may perhaps help some one to learn how the best results can be obtained."

There's a reason for the effect of Grape-Nuts food on the human body and brain. The certain elements in wheat and barley are selected with special reference to their power for rebuilding the brain and nerve centers. The product is then carefully and scientifically prepared so as to make it easy of digestion. The physical and mental results are so apparent after a few days' use as to prove the value of the Food. Read the following testimony in full: "I was suffering with kidney and other trouble for ten years past. Last March I commenced using Peruna and continued for three months. I have not used it since, nor have I felt a pain. I believe that I am well and I therefore give my highest commendation to the curative qualities of Peruna."



### FARM AND GARDEN

#### How Silage Affects Milk.

Prof. Farrington, of Wisconsin, says silage feeds do not pass through the cow's system into her milk, but are absorbed by the milk as it is drawn from the cow. When this is prevented by careful feeding and ordinary ventilation, there will be no objectionable taste to the milk.

#### Experiment in Pigs.

It is stated that the Michigan Agricultural college as an experiment fed some pigs a cross between the Berkshire and Tamworth which made great gains. Four of the litter were fed a balanced ration made up of 382 pounds of wheat middlings and 682 pounds of corn meal, mixed with water, and it cost \$3.62 to make an increase of 100 pounds in weight. Five pigs of the same litter were fed corn meal mixed with water and it cost \$6.07 to make an increase of 100 pounds in weight. The chief feature of this feeding was that the food was about a balanced ration.

#### Best Remedy for San Jose Scale.

The following is considered the best spray or wash for San Jose Scale, peach worm, as well as for certain fungi, particularly the curl leaf of the peach. It is also very efficient in softening and smoothing up old, rough bark. The formula most extensively used, is forty pounds of lime, twenty pounds of sulphur and fifteen pounds of salt, with enough water to make sixty gallons. The sulphur, about one-third of the water and a quarter of the lime are boiled together for an hour and a half or two hours. The salt and the remainder of the lime, after slaking, are mixed separately and finally added to the lime-sulphur mixture, and the whole boiled another half hour. The mixture requires careful straining to prevent clogging in the nozzle. It should be applied hot and in good quantity.—Weekly Witness.

#### Apples Immune to Disease.

"A prominent factor in this business of apple growing and one which fruit growers have not taken note of in the past," says Professor Herrick, "is that some varieties are practically immune to certain diseases. For instance, the Ben Davis, Duchess, Yellow Transparent, and Yellow Newton are not seriously affected by the scab. The Russet, Northern Spy, and Rome Beauty are practically immune to the ravages of the San Jose scale; while Northern Spy, Fall Pippin, and Rome Beauty are not injured by the Bordeaux mixture. The spray for scab and codling moth should be Bordeaux mixture and an arsenite and applied before the blossoms open, and again after the blossoms drop two weeks later, and from the present indications it would seem that we must apply the third spray the last of July or the first of August for the codling moth."

#### Damages by Deer.

The following curious bit of information is from the New England Farmer: "The damage which is being done in Williamstown, Mass., by deer to farmers' crops is becoming a serious matter, three cases, aggregating a damage of 118, having been reported within a few days. One was by A. M. Stevens, a gardener, who lost 2500 cabbage plants, and another was by John Belterman, who lost 1500 hills of early beans. In both cases a board of appraisers placed the damage at \$50 each. Dwight Cronk was allowed \$18 for damage done to a field of oats by deer trampling the grain. Br. Belterman says that the woods above his farm are apparently filled with deer, as he has seen as many as 15 in a herd in his meadows. The animals are very tame, and some of the patches of beans which they destroyed were within a short distance of the house."

#### Trees For Waste Land.

The time is not so far distant as the average man imagines when the increased price of lumber will make necessary the planting of trees even in good agricultural land. The price of timber lands is doubling every few years. Col. Wm. S. Harvey, president of the Philadelphia Commercial Museum, and old-time lumberman, who has been working for the passage by Congress of the Appalachian Forest Reserve bill, says that within the past six years lands in the southern Appalachian timber regions have increased from \$5 or \$6 an acre to \$15 and \$20. Even at \$20, and in spite of the fact that transportation is poor, this land is considered a "good buy." But the man who gets it now and plants to trees any waste land is the man who will have a bank account all right when his forests begins to yield. It takes 40 or 50 years to grow big logs; but it takes only 12, 15 or 16 years to grow fence posts, railroad ties and telephone poles, and the prices for these are increasing by leaps and bounds.

#### Cream Separation.

What is the latest and best method of cream separating? I notice some papers referring to the dilution way, but I doubt this way of mixing milk with water to separate it. D. W. George. "I cannot do better for our country than summarizing the last Penn State University bulletin on this subject as follows: 1. The use of the hand separator in the place of the gravity systems of creaming, will effect a saving of \$3.50 to \$7 worth of butterfat from one cow in one year. With the hand separator, a richer cream and a better quality of cream and skim milk can be produced than with the gravity systems. 2. Of the gravity methods the deep setting system is the least objectionable. It produces a more complete separation and a better quality of cream than either the shallow pan or the water dilution systems. 3. Any neglect to thoroughly clean the separator after each separation reduces the skimming efficiency of the machine and lowers the quality of the cream and butter produced. Wash the separator after each separation. 4. A trembling machine, insufficient speed, sour, curdled, silmy, or cold milk, and over-feeding the separator caused a loss of butterfat in the skim milk amounting to from 8 to 12 pounds of butter per cow in one year. 5. Other things being equal, high speed and a small size of inflow tend to produce a thick cream. In sufficient speed, a trembling machine and a large rate of inflow result in a thinner cream.—Indiana Farmer.

### 180 STORIES HIGH.

#### Plan for a Building Reaching the Clouds.

It is probable New York will have a skyscraper 180 stories high. This statement has been made by a prominent skyscraper architect, and was backed up by the head of one of the largest building companies in New York. A building with 180 stories would be a third of a mile high. Two structures loftier than any existing are now going up. The Singer building has nearly reached its height of 612 feet. From the basement to the top of the flagstaff the distance will be 742 feet. The tower of the Metropolitan Life Insurance building will be still nearer the sky.

#### FIFTEEN YEARS OF ECZEMA.

##### Terrible Itching Prevented Sleep—Hands, Arms, and Legs Affected—Cured in 6 Days by Cuticura.

"I had eczema nearly fifteen years. The affected parts were my hands, arms and legs. They were the worst in the winter time and were always itchy, and I could not keep from scratching them. I had to keep both hands bandaged all the time, and at night I would have to scratch through the bandages as the itching was so severe, and at times I would have to tear everything off my hands to scratch the skin. I could not rest or sleep. I had several physicians treat me, but they could not give me a permanent cure, nor even could they stop the itching. After using the Cuticura Soap, one box Cuticura Ointment and two bottles Cuticura Resolvent for about six days the itching had ceased, and now the sores have disappeared, and I never felt better in my life than I do now. Edward Vorell, Band 30th, U. S. Infantry, Fort Crook, Nebraska."

#### Heavy Cost of Strikes.

In the 25 years 1881 to 1905, according to the twenty-first annual report of the Bureau of Labor of the Department of Commerce and Labor, there were 36,757 strikes and 1,546 lockouts, affecting 290,000 industrial establishments, and almost 7,500,000 workers. Fewer strikes occurred in 1905 than in any of the 13 years since 1892. In that year, 1905, the strikes numbered 2,977, involving 8,292 establishments and 176,337 wage earners, each of whom lost an average of 21 days' work. In fact that loss applied to 231,686 persons thrown out of work. In 1892 the work days lost by strikes were about 4,500,000, causing a loss of wages of about \$7,500,000. In the 25 years the strikers numbered 6,750,000 and the "locked out" 750,000.

#### A MISSOURI WOMAN.

##### Tells a Story of Awful Suffering and Wonderful Relief.

Mrs. J. D. Johnson, of 603 West Hickman St., Columbia, Mo., says: "Following an operation two years ago, dropsy set in, and my left side was so swollen the doctor said he would have to tap out the water. There was constant pain and a gurgling sensation around my heart, and I could not raise my arm above my head. The kidney action was disordered and passages of the secretions too frequent. On the advice of my husband I began using Doan's Kidney Pills. Since using two boxes my trouble has not reappeared. This is wonderful, after suffering two years." Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

#### A Mother's Hint.

If baby's ears protrude or are inclined to grow outward, special care should be taken not to allow him to lie on his side with his ear doubled over, and care should be taken that when his head is put on for his daily promenade his ears are as flat as possible against his head, and that the ribbon which fixes his hat in place is passed over them to keep the ears in their proper position.

#### Mrs. Winslow's Soothing Syrup for Children.

teething, softens the gums, reduces inflammation, allays pain, cures wind colic, & is a bottle.

#### Excavation of Memphis.

An appeal is being made in England for funds to undertake the great task of excavating the ruins of Memphis. It is expected that England will now do for Memphis what the French government has done for Delphi and the Germans for Olympia. The sites of the four great temples are plainly marked, so that exploration can begin at once. This mass of ruins covers 160 acres, as much as the whole site of Karnak, and it estimated that \$15,000 will be needed annually for 15 years to accomplish the work. Important material is believed to lie within a few yards of the surface, so that results should be reached promptly.—Chicago News.

#### How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure. F. J. CHENEY & Co., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm. WALSHE, KISSAM & MARVIN, Wholesale Druggists, Toledo, O. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price, 75c per bottle. Sold by all Druggists. Take Hall's Family Pills for constipation.

#### The public accounts committee.

which checks off the expenditures of the British empire, apparently considers Mr. Carnegie's dipodocus a "white elephant," as it caused the British museum authorities to spend \$338.52 in excess of the sum allowed for the reception of the great fossil.

### SAWYER'S EXCELSIOR BRAND Oiled Clothing and Slickers

One of the best sellers is our Excelsior Brand Crack-Proof Motorman's Coat, adapted for general use. Best quality. Guaranteed waterproof. Your dealer should have it; if not, write us. Look for the Excelsior trade mark.

### PUTNAM FADELESS DYES

Color more goods brighter and faster colors than any other dye. One box dyes all colors. They dye in cold water better than any other dye. You can use any garment without ripping apart. Write for free booklet—How to dye, bleach and fix colors. MURKIN DRUG CO., Quincy, Illinois.

# TUMORS CONQUERED

## Overwhelming Proof that Lydia E. Pinkham's Vegetable Compound Succeeds.

One of the greatest triumphs of Lydia E. Pinkham's Vegetable Compound is the conquering of woman's dread enemy Tumor.

The growth of a tumor is so insidious that frequently its presence is wholly unsuspected until it is well advanced. So-called "wandering pains" may come from its early stages or the presence of danger may be made manifest by excessive monthly periods accompanied by unusual pain, from the abdomen through the groin and thigh.

If you have mysterious pains, if there are indications of inflammation or displacements, secure a bottle of Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, right away and begin its use. The following letters should convince every suffering woman of its virtue, and that it actually does conquer tumors.

Mrs. May Fry, of 836 W. Colfax Ave., South Bend, Ind., writes:

"I take great pleasure in writing to thank you for what Lydia E. Pinkham's Vegetable Compound has done for me. I also took the Blood Purifier in alternate doses with the Compound. Your medicine removed a cyst tumor of four years' growth, which three of the best physicians declared I had. They had said that only an operation could help me. I am very thankful that I followed a friend's advice and took your medicine. It has made me a strong and well woman and I shall recommend it as long as I live."

Mrs. E. F. Hayes, of 26 Ruggles St., Boston, Mass., writes:

"I have been under different doctors' treatment for a long time without relief. They told me I had a fibroid tumor, my abdomen was swollen and I suffered with great pain. I wrote to you for advice, you replied and I followed your directions carefully and today I am a well woman. Lydia E. Pinkham's Vegetable Compound expelled the tumor and strengthened my whole system."

Mrs. Perry Byers, of Mt. Pleasant, Iowa, writes:

"Nature's Soda Fountain. One of the most interesting and novel gushing wells in the world, and perhaps without a rival in either respect, is a geyser of soda water that recently came up at Wendling, just across the Mendocino county border from Sonoma, Cal. This well produces soda water—genuine soda water, and of a quality that would warrant bottling for the general trade in such quantities as were never struck before. There is so much of this water that it is turned into a huge long flume and used to float great logs from the forest to the lumber mills. An artesian well borer was recently employed to secure an adequate water supply for a large sawmill in that region. He drilled to the depth of 200 feet, the lower 110 feet being through solid granite. Then a slight trace of water was found. The artesian man then placed 54 sticks of dynamite at the bottom of the well and exploded them. Instantly water gushed up, rising 20 feet above the surface of the ground, pouring forth in enormous volume. That was days ago, and since then there has been no indication of a cessation of this vast "natural soda fountain."—Scientific American.

#### FITS, St. Vitus' Dance, Nervous Diseases permanently cured by Dr. Elmer's Great Nerve Restorer. \$2 trial bottle and treatise free. Dr. H. R. Kline, 141 Arch St., Phila., Pa.

#### Iron Deposits in Cuba.

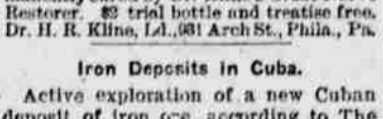
Active exploration of a new Cuban deposit of iron ore, according to The Iron Age, has brought to light about 500,000,000 tons, which would add 5 per cent to the figure representing the world's total iron ore supply, as published last year in a report of the Swedish government experts.

#### Only a Barbarian.

The deposed King of Anam was addicted to boiling his wives in oil. Being only a barbarian, he did not send them to Paris to get divorced and tell the reporters about it.—New York Evening Post.

#### Last year's record—Every out of city graduate located in a satisfactory position. We can place you. Write for "THE PROOF."

The 6th year Hand Book of the foremost Business Training School mailed upon request.



Pittsburg, Pa.

#### THE GREAT DURABILITY AND WATERPROOF QUALITIES OF THE FISH BRAND POMMEL SLICKER

Make it First Choice of the man Who Knows EVERY GARMENT GUARANTEED.

IF YOUR DEALER IS OUT OF FISH BRAND, DON'T CHANGE YOUR MIND, HAVE HIM GET THEM OR SEND ORDER AND PRICE TO US. \$5.50 BLACK or YELLOW. 112-114 N. 7th St., PHILADELPHIA.

#### MICA

Axle Grease takes miles off the road, and weighs off the load. Helps the team and pays the teamster. Practically destroys friction. Saves half the wear that comes from jolting over rough roads, and lengthens the life of a heavy vehicle more than any other one thing. Ask the dealer for Mica Axle Grease. STANDARD OIL COMPANY, Incorporated.

P. N. U. 39, 1907.

#### DROPSY NEW DISCOVERY!

Special cases. Book of testimonials and 200-page treatment. Free. Dr. H. R. GREENE'S SOFT, Box 2, Atlanta, Ga.

#### W. L. DOUGLAS

\$3.00 and \$3.50 SHOES. BEST IN THE WORLD. SHOES FOR EVERY MEMBER OF THE FAMILY. AT ALL PRICES.

\$25,000 Reward (To any one who can prove W. L. Douglas does not make & sell shoes for less than \$3.50 per pair.)

THE REASON W. L. Douglas shoes are worn by more people in all walks of life than any other make, is because of their excellent style, exact fitting, and superior wearing qualities. The selection of the leathers and other materials for each pair of the shoe, and every detail of the making is looked after by the most complete organization of experienced, foreman and skilled shoemakers, who receive the highest wages paid in the shoe industry, and whose workmanship cannot be excelled. If you take you to any large factory 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.

CAUTION! The genuine name W. L. Douglas shoes are made, and price stamped on bottom. Take no substitutes. Ask your dealer for W. L. Douglas shoes. If he cannot supply you, send direct to factory. Shoes sent every-where by mail. Catalog free. W. L. DOUGLAS, Brockton, Mass.