

PERUNA A TONIC OF GREAT USEFULNESS.



HON. R. S. THARIN.

Hon. R. S. Tharin, Attorney at Law and Counsel for Anti-Trust League, writes from Pennsylvania Ave., N. W., Washington, D. C., as follows:

"Having used *Peruna* for catarrhal disorders, I am able to testify to its great remedial excellence and do not hesitate to give it my emphatic endorsement and earnest recommendation to all persons affected by that disorder. It is also a tonic of great usefulness." Mr. T. Barncott, West Aylmer, Ontario, Can., writes: "Last winter I was ill with *pneumonia* after having *la grippe*. I took *Peruna* for two months, when I became quite well. I also induced a young lady who was *all run down* and confined to the house, to take *Peruna*, and after taking *Peruna* for three months she is able to follow her trade of tailoring. I can recommend *Peruna* for all such who are ill and require a tonic."

Pe-ru-na Tablets.

Some people prefer to take tablets, rather than to take medicine in a fluid form. Such people can obtain *Peruna* tablets, which represent the solid medicinal ingredients of *Peruna*. Each tablet is equivalent to one average dose of *Peruna*.

HISTORIC TILE STOLEN.

It Marked the Spot Where President Garfield Fell.

Somebody has stolen from the Pennsylvania Railroad station at Washington, D. C., the small red tile which marked the spot where President Garfield fell when he was shot by Charles J. Guiteau. The railroad officials have not reported the theft to the police. They think the thief was one of the souvenir-hunters who make life a burden to the watchmen of Government property. A number of requests have been made by souvenir hunters for permission to buy the tile, but they have always been refused.

Fourteen Years' Auto History.

At the Columbia Exposition the entire automobile output of the country, one car, was contained in one small obscure corner of one building. When the automobile manufacturers of 1907 wanted to exhibit in New York they had to rent not only Madison Square Garden to hold the exhibition cars or the makers who rest upon the Selden basic patent, but also one of the largest armories in town to hold the overflow of what are known as the independent makers. And the floor space of both great halls was crowded full of the different types of machines which the country had produced.—*Outing Magazine*.

Points on Eyesight.

On a trip through Iceland the traveler sees thousands of mountains covered with eternal snow, rivaling the Alps in grandeur; great geysers and innumerable hot wells; waterfalls, one of which—the Gullfoss—is second only to Niagara in size and beauty; crystal streams and lashing rivers; lava beds of fantastic figures, covered with moss that glistens in the sun like hoar frost, and, as a crowning glory, the atmosphere is so brilliant, that objects over 50 miles distant appear close at hand.—*Springfield Republican*.

SCHOOL TEACHERS

Also Have Things to Learn.

"For many years I have used coffee and refused to be convinced of its bad effect upon the human system," writes a veteran school teacher.

"Ten years ago I was obliged to give up my much loved work in the public schools after years of continuous labor. I had developed a well defined case of chronic coffee poisoning."

"The troubles were constipation, fluttering of the heart, a thumping in the top of my head and various parts of my body, twitching of my limbs, shaking of my head and, at times after exertion, a general 'gone' feeling with a toper's desire for very strong coffee. I was a nervous wreck for years."

"A short time ago friends came to visit us and they brought a package of Postum with them, and urged me to try it. I was prejudiced because some years ago I had drunk a cup of weak, tasteless stuff called Postum, which I did not like at all."

"This time, however, my friend made the Postum according to directions on the package, and it won me. Suddenly I found myself improving in a most decided fashion."

"The odor of boiling coffee no longer torments me. I am so greatly benefited by Postum that if I continue to improve as I am now, I'll begin to think I have found the Fountain of Perpetual Youth. This is no fancy matter but stubborn facts, which I am glad to make known."

Name given by Postum Co., Battle Creek, Mich. Read the book, "The Road to Wellville," in pkgs. "There's a Reason."

HOUSEHOLD AFFAIRS



SYSTEM.

A woman should bring into her home duties the business habit of mind and the methods that her husband finds successful in his office. System and foresight will do much to overcome the drudgery of housekeeping of which so many women bitterly complain.—*New York Press*.

WHITENING LINEN.

Linen that has become yellow with age, should be whitened according to one housewife, by boiling in a lather made of a gallon of milk and a pound of pure white soap. Put this in a double kettle so the milk does not scorch. Rinse through several waters in the last of which has been put a little blue.—*New York Press*.

RUGS FROM BEDSPREADS.

Two old bedspreads were colored blue, cut in strips and woven, as for rag carpet, into rugs, one four by six feet and two others of less dimensions. A white fringe finished the ends, and the velvety surface of the rugs when woven gave them an Oriental appearance.—*New York Journal*.

NATURE'S BEAUTIFIERS.

Cucumber juice is the best of all bleaches for the skin.

When cucumber cannot be obtained, fresh, ripe grapefruit will be found a good substitute. Cut open and rubbed on the face, it is a tonic as well as a bleach.

A ripe tomato cut and rubbed on the face tones and refreshes the skin and, in some cases, will remove yellow spots, including freckles.—*Pittsburg Dispatch*.

A DAINTY BEDSPREAD.

The housekeepers who have grown tired of the all-white bed can get a pleasing variety in the stamped imported counterpanes which may be bought this season at surprisingly reasonable prices.

One seen the other day was a charming copy of an old-time embroidered bedspread, with a broad and graceful border of wild rose arranged so it came well up on the bed. The coloring was exquisite and the printing so artistic that it was hard to believe that the cover cost less than two dollars.

These printed bedspreads are very attractive for the room of a young girl, especially if the coloring of the hangings and wall paper are repeated.—*New York Press*.

KITCHEN AND SCULLERY HINTS.

Here are some good suggestions for your kitchen: Have your shades and curtains of white muslin that can be laundered. When using your gas stove in the summer, cover the top of your coal range with newspapers, which will make a handy table. Have your rack near the stove, so that your towels will get well dried after each dishwashing. A small shelf should be put up near the stove to hold your salt and pepper box. Cover the wall back of your sink with oilcloth, preferably white, and here may be hung your sink broom, shovel, dish mop and soap box. In a box or drawer may be kept the necessary articles for ironing, says *Woman's Life*. The top may be covered with oilcloth, and will give an extra table. A chest of drawers is useful and almost necessary for keeping the kitchen towels and aprons, besides many other useful articles. It is well to keep in the kitchen a bottle of linseed oil and lime water, together with a roll of old linen pieces for bandages, for use in case of burns.



RECIPES

Mock Duck—Take a round steak, make a stuffing as for turkey, spread on steak, roll up and bake till tender.

Graham Rolls—One-half cup graham flour, one level teaspoon cream of tartar, one-half teaspoon soda, one-half teaspoon salt, one-fourth cup sugar, one-half cup sweet milk, one tablespoon melted butter. Have graham pan hot and well buttered. Bake about fifteen minutes.

Lunch Dish—Take nice, sweet fresh pork and freshen. Place in spider and fry till brown. Remove from fire and dip in batter made of one egg well beaten, half cup sweet milk, pinch of salt, baking powder and flour to make a good batter. Return to spider and fry a golden brown.

Glazed Potatoes—Select medium-sized sweet potatoes, boil until done, take out and cool, remove skin. Have an egg beaten with a dash of salt and pepper, cut potatoes in half lengthwise, dip in the egg, dust with granulated sugar, arrange in a generously buttered pan, put in oven and bake until brown. Serve hot.

Potato Flour Sponge Cake—Four eggs beaten separately; to the yolks add pinch of salt, one teaspoon essence lemon and one cup sugar. Beat thoroughly with long wire cake beater. Add the stiffly beaten whites. Beat well, then carefully fold in one-half cup potato flour to which has been added one level teaspoon of baking powder. Bake in two bread pans in moderate oven until loaves shrink from sides of pans.

MIXED ROYAL MARRIAGES.

Holy See's Hostility to Such Alliances Has Become Greater.

The marriage of the Bonaparte princess, a Roman Catholic, with Prince George of Greece, who belongs to the orthodox Church, is causing much discussion in aristocratic circles. Several ecclesiastics are reported to have declared that if the court has always been favorable to mixed marriages it is because that in cases where the necessary dispensation has been granted the parties have not held to the promises made as regards educating the children in the Roman Catholic faith. It is added that two recent cases have occurred which have increased the Holy See's hostility to mixed marriages.

Prince Ferdinand of Bulgaria, who became orthodox so that he could be elected Prince of Bulgaria, obtained permission to marry a Roman Catholic princess, and promised to educate his children in that religion, a promise which it is alleged was not kept.

The second occasion is that of Prince Waldemar of Denmark, who is alleged to have made the same promises and never to have kept them. As regards the Bonaparte princess it is stated at the Vatican that the parties will have to enter a formal engagement and find serious guarantees that the children of the marriage shall be educated in the Roman Catholic faith.

How Indians Poison Arrows.

An old Cherokee Indian recently gave away the secret how the Indians of olden times used to poison their arrowheads for war purposes, or for killing bears. They took a fresh deer liver, fastened it to a long pole and then went to certain places where they knew they would find rattlesnakes in abundance. About midday the rattlers are all out of their dens, coiled up in the cooking sun. The bucks would poke the first rattler they could find with the long pole. A rattler, unlike common snakes, always shows fight in preference to escaping. The snake would thus repeatedly strike at the liver with its fangs until its poison was all used up, whereupon it would quit striking and try slowly to move on. The bucks would then hunt up another rattler and repeat the performance, keeping up with the work until the liver was well soaked with snake poison. Then the pole was carried home and fastened somewhere in an upright position until the liver became as dry as a bone. The liver was then pounded to fine powder and placed in a buckskin bag, to be used as needed for their arrows. This powder would stick like glue to any moistened surface and was death to any creature which it entered on arrows.—*Denver Field and Farm*.

Record of Railroad Deaths.

The remarkable showing of the statistics of railroad accidents for the year ending June 30, last, proves that it has not been without justification that the people throughout the United States have become aroused to the necessity of more scientific railroading. The figures are furnished by the Interstate Commerce Commission, and indicate that more men and women were killed and injured last year than ever before in the history of American railroads.

The only excuse offered by the railroads is the old one of defective rails. They declare that they are willing to pay for the best rails procurable, but that the best rails are not good enough to meet the requirements of present day traffic. While the railroad business has steadily advanced, while a heavier strain is constantly being put upon the rails, the improvement in rails has practically come to a standstill. Rails that were quite adequate a decade or two ago are no longer considered safe, but the railroads say they can obtain no better.

The World's Meat Eaters.

Contrary to common opinion, the people of the United States are neither the biggest meat eaters of the world, nor is their per capita consumption of meat increasing. A recent report of the department of agriculture shows that during the last 26 years our consumption of meat has been steadily decreasing, while that of foreign nations has been increasing.

Large Paintings.

H. B. Judy, the artist, connected with the ethnological department of the Brooklyn Museum, has completed a work on which he has been engaged for the last three years. It is a painting of a panoramic view of the Indian country of Arizona, on a strip of canvas 190 feet long and five feet high, and has been placed in the Indian room of the museum.

Church For Sale.

When North Gosforth Church, near Newcastle, England, which had never been consecrated, but in which services had been held regularly, was put up at auction not a bid was made for the property.

FITS, St. Vitus Dance, Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. \$2 trial bottle and treatment free. Dr. H. R. Kline, M.D., 1031 Arch St., Phila., Pa.

An elephant works from the age of 12 to 80. He can haul 15 tons, lift half a ton and carry three tons on his back.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

Indian Schools.

The Cherokees, who tracked De Soto's footsteps for many weary days while he was marching through the southern forests and swamps, and who later welcomed Oglethorpe to Georgia, are the most advanced Indians in civilization and the most eager for education, spending \$200,000 a year on their schools and colleges.

The Chickasaws have five colleges with 5400 students, maintained at a yearly cost of \$47,000. They also have 13 district schools, costing \$16,000.

The Choctaws have 150 schools, in some of which the higher branches are taught.

The Seminoles, one of the smaller tribes, have 10 colleges and 65 common schools, with a total attendance of 2,500.—*Indian School Journal*.

VETERAN OF THREE WAITS.

A Pioneer of Colorado and Nebraska.

Matthias Campbell, veteran of the Civil War and two Indian wars, and a pioneer of Colorado, now living at 218 East Nebraska street, Blair, Neb., says: "I had such pains in my back for a long time that I could not turn in bed, and at times there was an almost total stoppage of the urine. My wife and I have both used Doan's Kidney Pills for what doctors diagnosed as advanced kidney troubles, and both of us have been completely cured."



Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

Reindeer in Alaska.

It is now nearly 20 years since Dr. Sheldon Jackson of the United States Bureau of Education obtained from Congress an appropriation to import reindeer from Siberia across the Bering Strait. During the first year 15 deer were brought over by Dr. Jackson personally. During successive years others were imported until nearly a thousand had come altogether. There are today no fewer than 16,000 domestic reindeer distributed in herds along the North Alaska coast.

CALLS HIS CURE A MIRACLE.

Tortured by Terrible, Dry Eruptions—Too Disfigured to Leave House—Cuticura Cured Him.

"Ever since the time I grew into manhood I have been suffering from a dry eruption which at times appeared very extensively, and at other times, but to a limited degree, on my body. I consulted a number of medical men without result, and last January I was affected with a terrible eruption on my hands, scalp, and face, which was so bad that I could not even leave the house, so I finally resorted to the Cuticura Remedies. So far they represent an outlay of only a few dollars and I am completely restored to health, while formerly I had spent dollars upon dollars on doctors, remedies and ointments without getting cured. The Cuticura Remedies represent a perfect miracle. Henry E. Kamping, 633 Eagle Ave., New York, N. Y., Feb. 16 and Mar. 15, 1906."

The French unit of horsepower is one-seventh less than the English.

Discouraged?

If your present work is a failure, better try mine; I pay \$3.00 per day, in cash, for good work. Details cost you nothing.

ATKINSON, 1024 Race St., Philadelphia, P. N. U. 7, 1907.

PROSYP NEW DISCOVERY! cures quick relief and cures worst cases. Back of testimonials and 50 Days' treatment free. Dr. H. R. GREEN'S SON, Box 2, Atlanta, Ga.

PUTNAM FADELESS DYES

Color more goods brighter and faster colors than any other dye. One 10c. package colors all fibers. They dye in cold water better than any other dye. You can dye any garment without ripping apart. Write for free booklet—How to Dye, Bleach and Mix Colors. MONROE DRUG CO., Quincy, Illinois.

NATURE PROVIDES FOR SICK WOMEN

a more potent remedy in the roots and herbs of the field than was ever produced from drugs.

In the good old-fashioned days of our grandmothers few drugs were used in medicines and Lydia E. Pinkham, of Lynn, Mass., in her study of roots and herbs and their power over disease discovered and gave to the women of the world a remedy for their peculiar ills more potent and efficacious than any combination of drugs.



LYDIA E. PINKHAM

Lydia E. Pinkham's Vegetable Compound

is an honest, tried and true remedy of unquestionable therapeutic value. During its record of more than thirty years, its long list of actual cures of those serious ills peculiar to women, entitles Lydia E. Pinkham's Vegetable Compound to the respect and confidence of every fair minded person and every thinking woman.

When women are troubled with irregular or painful functions, weakness, displacements, ulceration or inflammation, backache, flatulency, general debility, indigestion or nervous prostration, they should remember there is one tried and true remedy, Lydia E. Pinkham's Vegetable Compound.

No other remedy in the country has such a record of cures of female ills, and thousands of women residing in every part of the United States bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable compound and what it has done for them.

Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health. For twenty-five years she has been advising sick women free of charge. She is the daughter-in-law of Lydia E. Pinkham and as her assistant for years before her decease advised under her immediate direction. Address, Lynn, Mass.

Violin as a Hair Restorer.

It is now a scientifically proved fact that music exercises a great influence on the growth of the hair. It is with good reason that great musicians, such as Paganini, Liszt and Padewski, are represented with a growth of hair which Absalom might have envied.

Science has proved that stringed instruments have a favorable influence on the growth of the hair, while brass instruments act in the opposite direction. Every one has probably observed that a bald violinist is as rare as a bald horn player is common. Wood instruments, such as the flute, seem to have no pronounced effect either way.—*Paris Menestrel*.

Jewels Bring Good Prices.

Twenty thousand dollars for a drop-shaped pearl scarf pin, \$15,000 for a pearl stud, \$4,000 for coat fastener formed of a white bouton pearl with gold bar, \$850 for seven buttons en suite and \$750 for a pair of brilliant sleeve links—these are a few of the prices realized at the recent London sale of a noble marquis' jewels.

Itch cured in 30 minutes by Woolford's Sanitary Lotion. Never fails. At druggists.

No one ever really hears what a preacher says in performing a marriage ceremony.

STIFF, YES?
WET AND DAMP CAUSE COLD IN THE JOINTS
ST. JACOBS OIL
TAKES OUT THE PAIN AT ONCE. REMOVES THE STIFFNESS. PREVENTS ITS RETURN, TOO. FINE FOR BRUISES, SPRAINS AND SORENESS.
Price 25c and 50c.

W. L. DOUGLAS
\$3.00 & \$3.50 SHOES BEST IN THE WORLD
SHOES FOR EVERY MEMBER OF THE FAMILY, AT ALL PRICES
\$25,000 Reward To anyone who can prove W. L. Douglas does not make & sell more Men's \$3 & \$3.50 shoes than any other manufacturer.
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, easy-fitting, and superior wearing qualities. The selection of the leathers and other materials for each part of the shoe and every detail of the making is looked after by the most complete organization of superintendents, foremen and skilled shoemakers, who receive the highest wages paid in the shoe industry, and whose workmanship cannot be excelled. If I could take you into 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.
My \$4.00 and \$5.00 GILT EDGE Shoes cannot be equalled at any price.
CAUTION! The genuine have W. L. Douglas name and price stamped on bottom. Take No Substitute. Ask your dealer for W. L. Douglas shoes. If he cannot supply you, send direct to factory. Shoes sent everywhere by mail. Catalog free. W. L. Douglas, Brockton, Mass.

For old people who suffer from rheumatism, stiff joints, gout, lumbago, neuralgia, sciatica and paralysis
Sloan's Liniment
gives quick relief. It penetrates through the nerves and tissues, relieves the inflammation and congestion, quickens the blood and gives a pleasant tingling sensation of comfort and warmth. Needs very little rubbing.
At all dealers
PRICE 25c 50c & \$1.00
Dr. Earl S. Sloan, Boston, Mass.