remedy for chronic catarril? Have we abundant proof that Peruna is in reality such a catarrh remedy? Let us see what the United States Dispensatory says of the principal ingredients of

Peruna. Take, for instance, the ingredient hydrastis canadensis, or golden seal. The United States Dispensatory says of this herbal remedy, that it is largely employed in the treatment of depraved mucous membranes lining various organs of the human body.

Another ingredient of Peruna, corydalis formosa, is classed in the United States Dispensatory as a tonic.

Cedron seeds is another ingredient of Peruna. The United States Dispensatory says of the action of cedron that it is used as a bitter tonic and in the treatment of dysentery, and in intermittent diseases as a substitute for

Send to us for a free book of testimonials of what the people think of Peruna as a catarrh remedy. The best evidence is the testimony of those who have tried it.

The World's Wheat Supply. the The possibilities in increasing world's supply of wheat, as well as that of the United States, are manifold and impossible of estimation. Vast regions of land in South Amerlea, North Africa and Asio are awaiting the demand for "still more wheat" which shall bring to them the steel plow and the self-binder, and cause them to yield a food-product sufficient to feed a new population of untold millions. And were modern agricultural implements and agricultural knowledge in the hands of the Rpssian and European peasants, another addition, the extent of which can hardly be guessed, could be made to the world's wheat supply.-September Century.

HER GOOD FORTUNE

After Years Spent in Vain Effort. Mrs. Mary E. H. Rouse, of Cam-

bridge, N. Y., says: "Five years ago I had a bad fall and it affected my kidneys.

Severe pains in my back and hips became constant, and sharp twinges followed any exertion. The kidney secretions were badly disordered. I lost flesh and grew too weak to work. Though constantly

using medicine I despaired of being cured until I began taking Doan's Kidney Pills. Then relief came quickly, and in a short time I was completely cured. I am now in excellent health."

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

ACTIVITY IN AERONAUTICS

The Period from 1885 to 1900 One of Hopeful Experimenting.

The period from 1885 to 1900 was one of unexampled activity in aeronnutics, and for a time there was high hope that the age of flying was But Maxim, after spending \$100,000, abandoned the work; the Ader machine, built at the expense of the French government, was a fail-ure; Lilienthal and Pilcher were killed in experiments, and Chanute and many others, from one cause or another, had relaxed their efforts, though it subsequently became known that Prof. Langley was still secretly at work on a machine for the United States government. The public, discouraged by the failures and tragedies just witnessed, considered flight beyond the reach of man, and classed its adherents with the inventors of perpetual motion.

We began our active experiments at the close of this period, in October, 1900, at Kitty Hawk, N. C. Our ma-chine was designed to be flown as a kite, with a man on board, in winds of from fifteen to twenty miles an But, upon trial, it was found that much stronger winds were required to lift it. Sultable winds not sing plentiful, we found it necessary in order to test the new balancing system to fly the machine as a kite without a man on board, operating the levers through cords from the This did not give the practice anticipated, but it inspired confidence in the new system of balance, -September Century.

REMAINS THE SAME Well Brewed Postum Always Palatable.

The flavour of Postum, when boiled according to directions, is always the same-mild, distinctive, and palatable. It contains no harmful substance like caffeine, the drug in coffee, and hence may be used with benefit at all times.

"Belleving that coffee was the cause of my torpid liver, sick headache and misery in many ways," writes an Ind. lady, "I quit and bought a package of Postum about

My husband and I have been so well pleased that we have continued to drink Postum ever since. We like taste of Postum better than coffee, as it has always the same pleasant flavour, while coffee changes its taste with about every new combination or blend.

"Since using Postum I have had no more attacks of gall colle, the heaviness has left my chest, and the old, common, every-day headache is "There's a Reaa thing unknown."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human

What is Pe-ru-na. Household Matters.

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Bride's Cake Icing.

Beat the whites of three eggs to a stiff froth, then add gradually one pound confectioner's sugar, beating all the time. Beat until the mixture will not run when spread and then add flavoring and a few drops of ultramarine or indigo blue. Mix carefully so it will not streak. This blue is harmless and not only makes the bride's cake a snowy white, but keeps it from taking on that yellowish tinge that frosting is apt to get in time .-New York Telegram.

Fruit Cake Hint.

Always steam fruit cake; you will not have to worry about your oven being too hot or there being a hard crust on your cake. Put on your boiler, being sure there is a good fire; put bricks in the bottom, so as to bring your cake about the centre of the boiler. Invert a tin on the bricks, set your cake on this, cover with another tin, so the steam can not drip on the cake. Keep the water at boiling point and steam three hours. Set in a slow oven one-half hour .- Indianapolis News.

Potato Klosse.

Mix with three-fourths pound mashed potatoes one pound bread seaked in milk, a few finely minced chives and one tablespoonful flour. Season with salt and a small quantity grated nutmeg and stir in three well beaten eggs. Work the mixture until quite smooth, then divide into portions with a tablespoon, making the mark of the spoon on each as finished. Have ready a saucepan of boiling water, throw in the balls and cook ten minutes. Cut two or three slices of bacon into small pieces and fry crisp and brown. Put the potato balls on a hot dish, garnished with the bacon; pour the bacon fat over them and serve very hot .- New York

Green Pea Purce,

Simmer gently for one hour and a half a pound of lean lamb and a slice of bacon in one quart and a half of Add a sprig of mint, a teaspoonful of minced onlon, sait and pepper to taste, and a quart of green Simmer one-half hour, then press through colander. Make a rich white sauce, using a tablespoonful of flour and a heaping tablespoonful of butter, with one cup and a half of hot milk. Add salt, pepper and sugar to taste, then the prepared peas: gently bring to a boil and serve hot. Dried or split peas may be soaked over night then cooked until tender (it may take several hours), then pressed through a colander and treated like the fresh peas. - New

りきなりとしいるまた HINTS FOR THE HOUSEKEEPER

If a cork is too large for a bottle, soak it in boiling water for half an hour; this will make it so soft and supple that it can easily be pressed into the bottle.

Dirty finger marks on light paint may be quickly taken off by rubbing them with a bit of clean flannel dipped in paraffin and then with a clean soft cloth.

Egg cups or dishes stained with egg should not be washed in hot soda water, as it makes the stain harden. If placed in cold water, the stains will come off quite easily.

Common alum melted in an iron spoon over hot coals forms a strong cement for joining glass and metals together. It is a good thing for holding glass lamps to their stands.

Squares of cheese that are left over should be dried and grated. A delicious flavor is given to soups, salads and vegetables by sprinkling a little cheese on the top just before the concoction is taken from the fire.

To iron table linen dampen very thoroughly and evenly, then fold and wrap in a heavy cloth. Use heavy irons, first on the wrong side until partly dry, then on the right side until dry.

Glasses which have held milk should never be washed in warm water while the dregs of the milk still first rinsed out in cold water it can safely be washed in warm water.

To remove grass stains from white material rub the spots thoroughly with soft soap and baking powder. Let this remain on for twenty minutes, then wash well and put in the

sun to bleach. If tinware is so badly stained that whitening will not clean it, make a weak solution of ocalic acid and water, din a bit of soft rag in it, rub the article with it, and dry it with whitening on a cloth.

To clean bronzes wash with pulverized whiting or powdered saffron until the surface is smoothed. Then rub with paste of lumbago and saffron; then heat the articles before a slow wood fire. Large statues which cannot be removed may be washed with a weak solution of alkali and

soap water. Cheese wrapped in a cloth previously steeped in vinegar and water will keep fresh for a considerably longer time than if kept in the store-room in the ordinary way. A dry cloth should be kept wrapped round the saturated one, and the latter resteeped in vinegar and water from time to time.

Through ages numberless to man the sand dab family lived and throve wonderfully upon the floor of the sunlit sea around Catalina Island, off the coast of California. Although born in a lowly sphere, the sand dabs were noted for their delicacy, a certain fresh ingenuousness of flavor that them much esteemed and sought after by their finny neighbors When in due course of time gold was found in California and men flocked thither from all over the world, fishermen began to ply their trade in the waters near San Francisco, and soon discovered sand dabs among the catch. "Drat the sand dabs!" or words to that effect, they cried many a time and oft. For these were small fish, like baby soles, flounders, flat fish or hake, white below and gray on the topside, and of most humble and unobtrusive demeanor.

Chinamen flocked to San Francisco in their thousands, and the fishermen breathed a sigh of relief. They sold the humble sand dabs to the unbo trusive Chinamen for a song-not a Chinese song, of course-and thanked their stars that they had found even a very cheap market for the bothersome little fellows that persisted in being caught in good company. This went on for forty years.

One day after the great fire an affable philosopher lunched in a Chinese restaurant and ate a fish that seemed to have come from heaven. Wong," he said, "you catchee him

fish from Hongkong?" "No," replied Wong. "Him 'Mellcan fishee. Come flom Catalina. Him

name callee sand dab."

That was enough. The philoso pher told the wise men at the Bohemian Club, and they consulted with all the leading hotel and restaurant men in town. To-day you can buy the sand dab at any really excellent table in San Francisco. He is at his best crisply saute to a delicate golden brown, and served with drawn but ter and a pinch of fine herbes a la maltre d'hotel. M. Lieb will tell you exactly how he should be done. The said dab's cute little bones all rattle off like a row of fairy piano keys (you know the fairles have very tiny Life. planos) and then you discover the said dab meat, white as alabaster, dainty as brook trout of early April, delicate as a sonnet to my lady's eyebrow, satisfactory as a check from a long lost uncle. Indeed, Mr. Wilson, the king of all California epicures, says that the sand dah is a soulful sole .- Harper's Weekly.

GREAT DROVES OF CARIBOU.

Hunter Says Big Game is Still Abun dant in Alaska.

Ed. Tinker, of East Los Angeles, has returned from a nine-year so journ in Alaska.

"It's a life," said Tinker yesterday, "of some hardships, but I enjoyed every day of it. I hunted as much with the gun as with the gold pan.

"One winter, before the law pro hibited the sale of caribou for food, my partner and I hunted for market. We were 140 miles up the river back of Dawson, and brought out the meat on sleds, my six dogs bringing out two sleds at a time. We sold upward of \$6000 worth of meat, killing 230 caribou. I had eighteen caribou on the sleds the first trip out to Dawson. They weighed 2380 pounds, and I received \$1 a pound, including skins.

"You might think the game would soon be killed off at that rate, but if were to see the droves of caribon that I have seen in that country you would readily Lelieve that there will be game in Alaska indefinitely for the one who is willing to endure hardships with the mercury twenty degrees below. Of course, if a man is accustomed to a steam heated office and has not the pluck to subject himself to hard work and zero weather he can shoot a fine specimen of moose or caribon with a \$100 bill right on the streets of Dawson."-Los Angeles Times.

True Worth.

It will be but a little while until those who knew us and those who never heard of us will pass along through the green mounds in the cemetery and read the epitaphs on our tombstones. And those who knew us will summarize our entire life into a few essences of truth born cling round the edges. If the glass is of the knowledge of how we lived and what we did to help make life brighter and better for others. They may add, casually, that we left a fortune, but they will dwell rather upon the roses we strewed along the pathway than upon what we put away in our safety boxes for heirs to squabble over. For the money we left they will speak no eulogy upon us, but for the good we did and the perfome of charitableness and gentle ness we left behind, they will weave the only wreath that can give glory to the dead and joy to the living .-Western Publisher.

Poor Judges of Fruit.

"It is curious," remarked the grocer on the corner, "that there is no fruit in the world which people are such poor judges of as cantaloupes, and what is more curious is that they do their best to spoil them after they buy them. The first thing a woman does with a cantaloupe is to stick it into the ice box. Now, cantaloupes, like most of our fruit, are picked a trifle green, and when they come from the grocer's they should be put out in the sun for a whole day, be put out in the sun for a whole day, your devotions. . . . In this world turning them over every few hours, it is not what we take up, but what and then putting them into the ice box at night."-New York Sun.

THE SILENCE CURE.

How swiftly runs the hypochondriae's On all the various symptoms that afflict The ills that chiefly rise from nerves un-Are all described to his unhappy victim, Who, at the close, is called on to endure A disquisition on the latest "cure,"

Proud is that sufferer with the pride o Proud is that surely kings;
He asks no more congenial employment. As to the restive buttonhole he clings. And rambles on with obvious enjoyment, Just as the Ancient Mariner impressed His grewsome tale upon the Wedding.

Therefore the world will hail with grateful

tears
The latest cure which bids the creature thirsting
To pour his tale into unwilling cars,
To practice silence to the point of burst

Since he will quickly lose, beyond a doubt The symptoms which he cannot talk about

Sweet is the silence of the wild, but oh!
Far sweeter, if it be not past achieving.
The silence of the wretch who made us so!
For thus we find a double cure relieving
Not only him who now must save his
breath

But us, who have been nearly bored to death! -London Daily Mail.



"What do you expect to be when you come of age, my little man?" asked the visitor. "Twenty-one," ald and Presbyter.

Barber-"Try a bottle of this prep aration, sir. Splendid thing for bald-Customer-"Don't doubt it, but I've got all the baldness I want, thank you."-Times.

He told her the old, old story
Until she believed it true,
But after they were married
Then any old story would do.
—What-To-Eat.

"Is your husband having any luck at the racetrack?" "Some luck," answered young Mrs. Torkins. hasn't caught cold nor had his pockets picked."-Washington Star.

Mr. Howe-"I suppose you have studied all the authorities on social and economic questions?" Mr. Wise -"Not quite all. My daughter's graduation essay is not out yet."-

"You didn't use my manuscript, said the visitor, severely. "It was not adapted to our purposes. We couldn't use it." "How about the stamp that was enclosed?" that was all right. We used it."-Philadelphia Public Ledger.

Binks (who ordered apancake half an hour previously)-"Er-I-say, will that pancake be long?" ress-"No, sir; it 'll be round." Then he waited patiently another half hour.—Philadelphia Inquirer.

Meanman-"It seems a shame, after slaving for it all these years, to think that I can't take a blessed sovereign with me."

Grabbe-"My dear sir, what would be the use? It would only melt."-

A certain young girl in East Lyn
Tried writing like Elinor Glyn;
After taking one look
Mommer burnt up the book
And Popper he spanked her like syn.
—Lippincott's Magazine.

The King of France had just marched up the hill with forty thousand men.

"It is cheaper than a battle-fleet cruise," he explained. Herewith he marched down again.

-New York Sun.

Merchant-"I'll give you a position as clerk to start with and pay you nat you are worth. Is that satis factory?"

Applicant-"Oh, perfectly; but-er do you think the firm can afford it?"-Illustrated Bits. "Does this car go to Twenty-fourth

street?" inquired the elderly lady. "No, ma'am, but I have something just as good," replied the conductor, who was formerly a drug clerk. can let you off twice at Twelfth street."-From the Bohemian.

WORDS OF WISDOM.

It is easy enough to tell where love is. You love those, and only those, whom it makes you glad to serve .-A. G. Singsen.

By doing nothing we learn to do III .- Watts.

The heart is a small thing, but desireth great matters. It is not suffitient for a kite's dinner, yet the whole world is not sufficient for it .-Quarles.

Grit is the grain of character. It may generally be described as heromaterialized-spirit and will thrust into heart, brain and backbone, so as to form part of the physical substance of the man .- Wnipple.

Cold hand and warm heart .- Ger-

homely, and others wear big pompadours all the way around .- Nashville American. As the moon and earth light each

Some women are just naturally

other because they face a common sun, so shalt thou give God's reflected light to other souls in present need and thou thyself shalt see God's light in their face when comes thy hour of darkness .- W. E. Barton, D. D.

Your daily duties are a part of your religious life just as much as we give up, that makes us rich .- H. W Beecher.

TRAMPS HAVE GOOD MINDS

Vagrants Are Sald by Investigators to Keep in Mental Condition by Travel.

London.—Dr. A. F. Tregold, who made expensive investigations in behalf of a royal commission on the fee-ble minded, makes the astonishing

statement that tramps as a class are the sanest people in the community. He says the percentage of feeble minded among the tramps is less than any other class. This he attributes to the method and the fixity of purpose that must be employed by an itinerant in getting about from place

The general conclusion of the com mission is that the American meth-ods of dealing with feeble English methods, which are behind the times.

CURED HER THREE CHILDREN.

Girls Suffered with Itching Eczema-Baby Had a Tender Skin, Too— Relied on Cuticura Remedies.

"Some years ago my three little girls had a very bad form of eczema. Itching cruptions formed on the backs of their heads which were simply covered. I tried almost everything, but failed. Then my mother recommended the Cuticura Remedies, I washed my children's heads with Cuticura Soap and then applied the wonderful ointment, Cuticura. I did this four or five times and I can say that they have been entirely cured. I have another baby who is so plump that the folds of skin on his neck were broken and even bled. I used Cuticura Soap and Cuticura Ointment and sou come of age, my little man?" the next morning the trouble had disapasked the visitor. "Twenty-one," peared. Mmc. Napoleon Duceppe, 41 Duwas the little man's reply.—The Heritannian Market Market

Teetotal Bartenders.

Chicago has a novel organization in the Bartenders and Saloonkeepers Total Abstinence Society, which is now said to have 2,000 members. Many saloonkeepers in the Windy City, it is reported, are bound by an agreement not to employ men who drink. While New York grog sellers have no such society and no such agreement, so far as the public has ever heard, all the better class of drinking places strictly enforce rules against employes drinking while on duty, and there are scores of bartenders in this city who never drink a drop of the liquids they dispense. The head drink mixer in a downtown cafe -an expert on liquors of all kindshas been in the business for 25 years and does not know the taste of his bwn wares .- New York Tribune.

Tea for Travelers.

Essence of tea is the new product claimed by an Edinburgh firm. Its preparation is the result of twenty years of research, as the fixing of the volatile constituents that give tea its aroma and cheering qualities has been a difficult problem to solve, and had been previously given up. The brewing of the fragrant beverage now becomes a matter of dropping a tea-spoonful of essence into a cupful of

How's This?

How's This?

We offer One Mundred Dollars Reward for any case of Calarrh, 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.

WALDING, KINNAN & MARVIN, Whole sale Druggists, Toledo, O. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucuoussurfaces of the system. Testimonials sent free. Price, 75c, per hottle. Sold by all Druggists.

Take Hall's Family Pills for constipation.

Flood Helps Town.

The flood has been kind to one town. For years Missouri City, about 15 miles east of Kansas City, in Clay county, has been off the river map and the steamboats couldn't get within miles of it because of a change in the channel. But recenly the high water began to flow through an old channel. A few hours later the steamer Chester passed the old landing, and Missouri City's cup of Joy was

One of the Essentials

of the happy homes of to-day is a vast fund of information as to the best methods of promoting health and happiness and right living and knowledge of the world's best products.

Products of actual excellence and reasonable claims truthfully presented and which have attained to world-wide acceptance through the approval of the Well-Informed of the World; not of individuals only, but of the many who have the happy faculty of selecting and obtaining the best the world affords.

One of the products of that class, of known component parts, an Ethical remedy, approved by physicians and commended by the Well-Informed of the World as a valuable and wholesome family laxative is the well-known Syrup of Figs and Elixir of Senna. To get its beneficial effects always buy the genuine, manufactured by the California Fig Syrup Co., only, and for sale by all leading druggists.

Duff's College A post card will b ing illu trated

catalogue and "The Proof. 6th Street and Liberty Avenue, PITTSBURG, PA.

This woman says that sick women should not fail to try Lydia E. Pinkham's Vegetable Compound as she did.

Mrs. A. Gregory, of 2355 Lawrence St., Denver, Col., writes to Mrs. Pinkham:

"I was practically an invalid for six years, on account of female troubles. I underwent an operation by the doctor's advice, but in a few months I doctor's advice, but in a few months I
was worse than before. A friend advised Lydia E. Pinkham's Vegetable
Compound and it restored me to perfect
health, such as I have not enjoyed in
many years. Any woman suffering as
I did with backache, bearing-down
pains, and periodic pains, should not fail
to use Lydia E. Pinkham's Vegetable
Compound." Compound,'

FACTS FOR SICK WOMEN.
For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bear-ing-down feeling, flatulency, indigestion, dizziness or nervous prostration. Why don't you try it?

Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health. Address, Lynn, Mass.





In the promotion of Skin Health, Cuticura Soap, assisted by Cuticura, the great Skin Cure, is undoubtedly superior to all other skin soaps because of its influence in allaying irritation, inflammation, and clogging of the pores, the cause of disfiguring eruptions. In antiseptic cleansing, in stimulating sluggish pores, in emollient and other properties, they have no rivals.

P. N. U. 16, 1908,

Thompson's Eye Water

