

BACKACHE,

Sideache, Headache, and a Worn-out Feeling May all come from Constipation.

Lane's Family Medicine

(called also Lane's Tea)

is a herb Tonic-Laxative and will cure constipation and the ills that come from it.

It is a great blood medicine and one of the best for all stomach, kidney and bowel complaints.

All druggists, 25 and 50 cts.

Talking Postal Cards.

The talking postal card is the invention of a French engineer, and has become so popular in that country that the American rights have been secured and the device will be placed in the cities of the United States. The person wishing to send a talking postal card to a friend, enters the booth and talks into a machine that records the words on the specially prepared postal card. When the recipient receives the card a hundred or a thousand miles away, he, or perhaps she, takes the card to the nearest postal booth and inserts it in a machine which talks the message to him. The record on the postal card is indestructible and the exact voice of the sender is heard.—Popular Mechanics.

Only One "Fromo Quinine"

That is Laxative Fromo Quinine. Look for the signature of E. W. Grove. Used the World over to Cure a Cold in One Day. 25c.

High-Priced Lawyer.

Mr. Balfour Browne, K. C., the Unionist candidate for East Bradford, during the last 15 or 20 years made the most consistently good income of any man at the bar. More or less accurate estimates have been made, and it is said that £50,000 rather than £20,000 has been his average income for the past 15 years.—Tit-bits.

The Ingenuity of Inventors.

The ingenuity of inventors and manufacturers is ever at work in the endeavor to reduce the expense of production, and at the same time to improve the quality of articles having a large sale. This is not only beneficial to the purchasing public, but it assures to the benefit of the producer in increasing sales and preventing competition. This has been so in the case of farm machinery, clothing, shoes, bicycles, etc., and now it is apparent in the safety razor field. Thousands of this style of razor have been sold at from \$1.50 to \$5 each and given satisfaction. Recently manufacturers have applied more scientific principles and improved methods in their manufacture, and the result is seen in the "Shrp Shavr" razor, which is sent postpaid for twenty-five cents in stamps by the Book Publishing House, 134 Leonard street, New York. It is superior to any razor sold, being bought largely by those already owning the highest priced razors. Not every one knows that the best results are obtained by having two or three razors and alternating them in use. This practice of alternating possibly accounts for the very large sale of this low priced implement.

Posed as Anti-Fat Model.

A starving man, picked up on the street in Paris, who looked like the proverbial skeleton man of a dime museum, astonished the magistrate before whom he was taken, by the assertion that he was a professional model for an anti-fat compound warranted to reduce heavyweights to a normal state of avoirdupois.

Statute of Limitations.

We venture humbly to expostulate with the distinguished feminine publicist of Evanston, Ill., who insists that Adam "was a loafer." De don't mean to defend Adam. As the cause of work in his somewhat numerous posterity he never can be popular. He may have been a malingerer, but surely he is protected by the statute of limitations.—New York Sun.

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

Church All of One Piece.

The only temple in the world whose walls, floor and roof are of one single piece was opened yesterday at Lake street and Forest avenue, Oak Park. It is built of re-enforced concrete, on the Edison plan, of continuous material with no seams. The temple belongs to Unity congregation. Its completion was celebrated with music, speeches and an address by the pastor.—Chicago Tribune.

Itch cured in 30 minutes by Woolford's Sanitary Lotion. Never falls. As druggists. 1

Panama Canal's Cost.

Another point not referred to in the Isthmian canal commission's annual report was the probable cost of the complete work. The latest unofficial estimate based on expenditure for a canal one-third done, is \$400,000,000.—Springfield Republican



TIMELY RECIPE

SCALLOPED APPLES.

Select one-half dozen apples, wash and core. Slice across apple so that each piece will be encircled by skin of apple. Place in a stewing or frying pan, pouring over them about one-quarter of a cupful of water, three-quarters of a cupful of sugar, though amount of sugar is best determined by acidity of apples, and a tablespoonful of butter. Cover and allow to simmer; when soft, remove, cover and fry; when sufficiently brown place in a rather deep dish alternate layers of the apples and grated cheese. Place in the oven for five or ten minutes and serve in the same dish in which they were scalloped.—Boston Post.

SALMON WITH GREEN PEAS.

One can of salmon picked over and broken into small pieces, one can of green peas, two cupfuls of thin, white sauce, and bread or cracker crumbs; butter a pudding dish, sprinkle with bread or cracker crumbs; put in a layer of salmon and peas, cover with white sauce, repeat until all is used, cover well with buttered cracker crumbs and bake in a hot oven until crumbs are brown. Serve hot.

White Sauce—Two level tablespoons of flour, two level tablespoons of butter, one cup of hot milk, one-quarter teaspoon of salt, pinch of pepper; melt butter in saucepan until it bubbles, add the flour, salt and pepper, mix until smooth, then pour the hot milk in gradually, stirring each time. Cook until it thickens.—Boston Post.

MACARONI DISHES.

Macaroni and spaghetti dishes are almost ideal from the dietetic point of view, says the Washington Star. Americans do not half appreciate the possibilities of macaroni. When Italians of comfortable means and good family can make some form of macaroni their standard dinner dish every day and thrive on it, its food possibilities would seem to bear investigation and adoption. The true macaroni wheat is not yet grown in America to any great extent. What is needed for this purpose is a good hard wheat rich in gluten. Color does not matter; in fact, a grayish white flour contains the largest per cent. of gluten. If it is pure white that means too much starch, and the housewife in buying should bear that point in mind and look for a creamy macaroni. If it is pure white it becomes pasty and mucilaginous in cooking and burns readily.

The taste for macaroni grows by what it feeds on. The butter, cheese or oil with which it is served supple the lacking fats and oils. The Italians in cooking macaroni never break it up. To cook it plain, plunge in a generous kettle of boiling water lightly salted and boil rapidly for fifteen or twenty minutes until tender. Serve hot with a bowl of grated cheese. A pound of macaroni furnishes a good plateful of food for four persons.



Cold rather than hot fish, boned, shredded and served in apple jelly.

Use a pointed brush to clean tufted furniture. It will keep out the moths.

Novelties in fruit salad, such as ripe gages stoned and stuffed with cream cheese and covered with mayonnaise.

Pats of butter freshly made for a meal in tiny glass churns, molded and served on a lettuce heart to look inviting.

To remove tea and coffee stains, wet spot with cold water, cover with glycérine, and let stand two or three hours, then wash with cold water and hard soap. Repeat if necessary.

Vaseline prevents blisters. A little vaseline applied to the skin before putting on a mustard plaster will prevent blistering. The same holds good if iodine is used instead of mustard.

As a matter of fact, the coffee that is least injurious is made by allowing a tablespoonful (heaping) to a cup of cold water, and letting it just boil up well—no more. The coffee may be mixed with an egg before it is put in, and is even more palatable.

If cans of fruit are wrapped after they have cooled from the canning process in old newspapers and placed in a cool, dry spot the wax printer's ink and paper will prevent their molding, for canned fruit only too often does this.

Hot corn meal is said to be effective in cleaning window shades that are merely dust coated. Place shades on a flat surface, and rub in meal with circular motion of the palm. Then rub gently with a soft dry cloth, and both meal and dust will be removed.

Now that all shades of brown shoes are worn more than any other kind, it is wise for a woman to know how to clean them. She is not always near a bootblack, who makes them look like new for a nickel. Banana skins are excellent. Rub the inside on the leather; let it dry, then polish it with a piece of chamols or cheese cloth.

ROOSEVELT'S TABLE TALK.

Its Indiscretion "Makes One's Head Swim With Astonishment."

"One can imagine a book which would be well worth half a million dollars to any publisher who could get hold of the necessary material for it," writes Harry Thurston Peck in the Forum. "This would be a volume containing Mr. Roosevelt's table talk—or some of it—since he first came to the Presidency.

"For frank indiscretion, absolute bluntness and the most irreverent pungency of phrasing, this table talk of Mr. Roosevelt is extraordinarily interesting. No matter who happens to be his guest, the President always speaks without the slightest reserve, giving his actual opinions of Senators, Representatives, public men in general, Ambassadors and even foreign potentates, in a way that makes one's head swim with astonishment.

"One might name at least half a dozen persons who are by no means the special intimates of the President, but to whom, nevertheless, he has blurted out enough of this extremely piquant talk to fill a volume. The extraordinary part of it all is that very few indeed of those to whom he talks have yet betrayed his confidence. Of course they tell other people; but only those who like themselves, can keep these blazing indiscretions from getting into the pages of the newspapers.

"In a few instances, to be sure, table guests of President Roosevelt have in perfect innocence revealed some of his careless words; but then he has promptly enrolled them in the Anahlis Club, and everything has gone on as though nothing at all had happened. Where in Europe there would be issued in some gazette an official dementi our President gives out a statement to the press that the story-teller has uttered what he knew to be 'outrageously and absolutely false.'

"It is odd that none of the White House servants have carried their master's interesting mots to the newspapers; for the President often talks quite as freely in their presence as when he is alone with his invited guests. Some day or other in the distant future many of these interesting and very pungent bits of phrase and characterization will be carefully collected and published; but probably not until many men now living shall have died."

Yankee Samoons.

Captain C. V. T. Moore, U. S. N., retired, of Tutuila, Samoan Islands, recently retired as Governor of the American part of the islands, says: "We get along finely together, the Germans and the Americans. There is a stretch of water thirty miles wide between us, serving as the boundary line between the American and the German islands. The natives of both the German and American possessions realize that the supreme powers of their respective island homes are in Washington and Berlin. Although their history and customs and kingly traditions are still kept up, they know that Kaiser Wilhelm and the President of the United States are the real powers.

"The natives of the American group call themselves Yankees and are proud to be Americans. They sing 'The Star-Spangled Banner' and other patriotic songs. The natives of the German islands are proud of being subjects of the German Kaiser, and they give vent to their patriotism by singing 'Die Wacht am Rhein.' "The total expense of the islands is about \$4000 a year to the United States, which is for clerks, the Governor being an officer of the navy and drawing his pay from the Government."—Washington Herald.

A Popular Czsr.

Czar Ferdinand of Bulgaria again demonstrates that the Prince Hal type of prince is not impossible. He cared for nothing but sports, hunting, and shooting. His own people he disliked extremely, and at one time refused to go among them, vowing that they were the most unwashed race in Europe. But now he is doing everything in his power to court popular favor. He is leading a life of ideal temperance, and lately he presented a botanical garden to the municipality of Sofia. He who was so tactless and impatient is now a model of patience, and people now speak of his "good heart."—Harper's Weekly.

Spider Wise to Advertising.

When Mark Twain was editing the Virginia City Enterprise, writing copy one day and minding the next, a superstitious subscriber wrote and said he had found a spider in his paper. Was this good or bad luck?

Twain replied to him in the "Answers to Correspondents" column as follows: "Old Subscriber—The finding of a spider in your copy of the Enterprise was neither good or bad luck. The spider was merely looking over our pages to find out what merchant was not advertising, so that it could spin its web across his door, in anticipation of leading a free and undisturbed existence forever after."

Trees Like the Human Family.

Trees, like animals, eat, sleep, grow and die. Every one knows this, yet not every one is aware that trees tear their clothes and have to mend them, that they jostle one another like rude boys in a crowd, the strong overpowering the weak.

Toll That is Pleasure.

It takes twenty-seven dollar bills to weigh as much as a \$20 gold piece. But nobody was ever known to complain of the weariness of carrying such extra weight around with him.



Tomfoolery

CHANCE FOR EDUCATED GOATS. If the billy-goat could only learn to draw apices, how much he could earn! The railroad would pay a dollar a day. And he would have money to burn.

A STRANGE THING.

Gossips are the greatest liars we know, but did you ever hear a story about yourself that wasn't partly true?—Atchison Globe.

SOMETHING SIMILAR.

Customer (in book store)—"Have you Dante's 'Inferno'?" Clerk—"No, but I can give you 'Who's Who in Chicago.'"—Life.

FIRESIDE CHAT.

Mrs. Jawback—"Do you know I came very near not marrying you?" Mr. Jawback—"Sure, but who told you about it?"—Cleveland Leader.

CORRECT.

Robbie (at the opera)—"Mamma, what does papa keep going out between the act for?" Mother—"Sh! He goes out for opera glasses."—Judge.

FOR THIS RELIEF, MUCH THANKS.

Knicker—"Roosevelt will deliver several lectures abroad." Bocker—"Abroad? Thank goodness."—New York Sun.

QUITE RIGHT.

Mother—"Alice, it is bed time. All the little chickens have gone to bed." Alice—"Yes, mamma, and so has the hen."—Harper's Bazar.

A SCOTTISH BULL.

"Out of a Scottish population of 5,000,000," said the Lord Advocate on the Housing bill yesterday, "there are 2,000,000 living in one room." A voice amid laughter: "Not in the same room?"—London Daily Mail.

WHICH?

"What have they named the baby?" "Bill." "Bill?" "Yes." "Cautious parents, aren't they?"—Nashville American.

THE USE OF LUCK.

"Do you believe in such a thing as luck?" "Of course," answered Miss Cayenne. "Otherwise it would be impossible to explain the success of people we don't like."—Washington Star.

MISSING OPPORTUNITIES.

"I have no patience with a man who makes the same mistake twice," said Armes, rather severely, in speaking of an unfortunate friend. "Neither have I," agreed his wife, "when there are so many other mistakes to make."—Youth's Companion.

THE OFFICE AND THE MAN.

"The office should seek the man," remarked the idealist. "Perhaps," answered Senator Sorghum; "but an office doesn't get much encouragement in prowling around seeking anybody. In fact, it has to roost high to keep from being grabbed off the perch."—Washington Star.

PRIDEFUL.

"Trimble is what you might call supersensitive." "How so?" "He wrote a letter to the editor protesting because the paper said that he was arrested for speeding 'an' automobile instead of 'his' automobile."—Buffalo Express.

TWO TO CONSIDER.

Husband—"Pray, do not misunderstand me, Jeannette. All I ask is that you should kiss me before and not after you have kissed the dog." Wife—"But, Leonard, don't you think that the dog may have his preference, too?"—Philadelphia Inquirer.

OCCASIONAL CONFUSION.

"A public official must be unflinching about laying down the law." "Yes," answered Senator Sorghum. "One of the greatest difficulties is that an official occasionally gets confused. Instead of laying down the law he starts in throwing down the law."—Washington Star.

AMONG THE AMATEURS.

"We ain't a-goin' to let you play agin us." "Why not?" "Ye'r a professional." "How do you make that out?" "Didn't you get half a apple for playin' centre on Mick Baker's team las' week?"—Denver Post.

MOSES, CASTIGATOR.

"Now, Mabel," said the Sunday-school teacher to a small student, "can you tell me why the Lord gave Moses a rod?" "Yes, ma'am," replied Mabel, with evident satisfaction at being able to furnish the desired information; "so he could make the children of Israel mind him."—Chicago News.

LEPROSY DUE TO DIET

Theory of Hawaiian Doctor, Who Denies it is Contagious.

Dr. John Acherley of the Royal College of Surgeons, London, who has practiced 15 years in the Hawaiian Islands, now makes public a new theory as to the cause of leprosy. He attributes the disease to diet and says it is analogous to scurvy.

He ascribes the disease to restricted diet in which some necessary element is lacking, with the injection of an undue amount of poisonous bacteria, ptomaines and toxin. He says all the symptoms resemble scurvy. He says his study has shows leprosy is not contagious.

An Engineering Test.

The civil engineer who has excited more or less flippant comment by stating that the roosting of birds on a bridge is a good test of the security of the structure ventures to repeat his proposition, and he quotes such distinguished naturalists as Darwin and Audubon in support of his contention. Elephants cannot be driven over a weak viaduct, burros refuse to take a dangerous trail and rats are the first to desert a leaking ship. "Call it all an absurd superstition if you will," says the engineer, "the fact remains that some things have their influence on poor, frail humanity that cannot be supported by logarithmic computation."—Boston Herald.

INTOLERABLE ITCHING.

Fearful Eczema All Over Baby's Face —Professional Treatment Failed —A Perfect Cure by Cuticura.

"When my little girl was six months old I noticed small red spots on her right cheek. They grew so large that I sent for the doctor but, instead of helping the eruption, his ointment seemed to make it worse. Then I went to a second doctor who said it was eczema. He also gave me an ointment which did not help either. The disease spread all over the face and the eyes began to swell. The itching grew intolerable and it was a terrible sight to see. I consulted doctors for months, but they were unable to cure the baby. I paid out from \$20 to \$30 without relief. One evening I began to use the Cuticura Remedies. The next morning the baby's face was all white instead of red. I continued until the eczema entirely disappeared. Mrs. P. E. Gumbin, Sheldon, Ia., July 13, 1908." Potter Drug & Chem. Corp., Sole Props. of Cuticura Remedies, Boston, Mass.

European Hospitals.

J. B. Boucher of Hartford, Conn., describes the hospitals and the medical work done in them in Sweden, Norway and Denmark. These are entirely up to date, and the courtesy of the physicians to strangers is of the best sort. The author describes at length the hospitals in Stockholm, Christiania and Copenhagen, one of the most interesting of which is the one founded by Finsen for the treatment of diseases by the Finsen light. Lupus seems to be of extremely frequent occurrence in these countries and marked disfigurement is caused in many cases. These cases are treated for months and years with the light, the technique of the use of which is given, with the result of a cure of the disease process. The X-rays are not used now for cancers.—Medical Record.

Piles Cured in 6 to 14 Days.

Pazo Ointment is guaranteed to cure any case of Itching, Blind, Bleeding or Protruding Piles in 6 to 14 days or money refunded. 50c.

Our Sugar Supply.

A statistical bulletin on sugar consumption in the United States and the sources of its supply contains interesting information, some of which has a strong bearing on issues of the day. It is shown that the total consumption of sugar in this country aggregated last year slightly over seven billion pounds. That is more than one-fifth the supply of the entire world. At the average retail price of 5 1/4 cents this makes its sugar annually, an average of \$4.30 for each man, woman and child in this country.

This supply was furnished in the following proportions: 21.3 per cent from domestic productions 17.7 per cent from the insular possessions and 61 per cent from foreign countries.

Trimmed with 15 ostrich feathers, each measuring two yards, the hat to be worn by Miss Madge Temple at the London Coliseum, is valued at \$600.

POSITIVELY BEST

ABSOLUTELY CHEAPEST

SAFETY RAZOR

Save Shaving Money Here's a revolution in Safety Razors, the marvelous

"Shrp-Shavr" 25c Safety Razor

which gives you better BLADE VALUE than razors costing 20 times the price. The practical value is in the BLADE. It is the best because made of the finest steel tempered by a special process and scientifically ground and honed down to the keenest possible edge. You pay 25 cents for the best practical Razor ever introduced, and you save nineteen-twentieths of the fancy prices asked for fancy frames and holders. The "SHRP SHAVR" RAZOR is so set in the frame as to be correctly "angled" to suit any face. We sell you the whole Razor at 25c so as to create a market for our Blades. Extra "SHRP SHAVR" Blades, 5 for 25c. And satin finish silver-plated stoppers at 10c each.

We send the Razor complete, extra Blades or the Stropper, prepaid by mail on receipt of price in stamps or cash.

BOOK PUBLISHING HOUSE, 134 LEONARD STREET, N. Y. CITY.

THE RAZOR is a marvel in respect of price.

SHRP SHAVR



Itches cured in 30 minutes by Woolford's Sanitary Lotion. Never falls. As druggists.