

**TIRED ALL THE TIME**

Languor, listlessness, dullness of spirits are often due to kidney disorders. Pain and weakness in the back, sides and hips, headaches, dizziness, urinary disorders are sure signs that the kidneys need immediate attention. Delay is dangerous. J. Wilfred Zell, Duncannon, Pa., says: "Kidney backache and rheumatic pains made my life miserable. I could not sleep well and always felt tired. My limbs were stiff and sore and I was hardly able to work. I was so bad I did not care to live. Doan's Kidney Pills brought quick relief and soon a permanent cure."

Remember the name—Doan's. For sale by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.



**Orchid Sold for \$10,500.**

If you had quite an ordinary orchid collection you could take up one of the better bulbs that had flowered prettily and go out and buy, with the proceeds of its sale, a peach-blow vase, a high-powered touring car, or a reasonably safe and sane balloon. Count Apponyi of Budapest paid \$5,000 to a Venezuelan for an orchid of a species so gigantic that oxen were required to convey it and the section of tree to which it was attached. Because a Cattleya had a violet blue corolla instead of the violet rose corolla of its species, its price leaped \$250. For the Pittanum of the H. T. Pitt collection, a small plant, the high bid was \$6,000. Mr. Pitt himself paid \$6,500 for the celebrated imported Persimmon Crispum. This had been bought in open market, before flowering, for 36 cents. It is the plant that has demonstrated how it can bloom that costs dear. For the spotted Crispum "Frederic Sander," Mr. Pitt, after seeing the bloom, paid 2,000 guineas—nearly \$10,500.

**Ask Your Druggist for Allen's Foot-Ease**  
I tried Allen's Foot-Ease recently, and have just bought another supply. It has cured my corns, and the hot, burning and itching sensation in my feet which was almost unbearable, and I would not be without it now.—Mrs. W. J. Walker, Camden, N. J. Sold by all Druggists, 25c.

**Entertaining Catbird.**

Nothing escapes his eye, for he is curiosity personified. He wants to know the why and wherefore of everything that is a little strange, and does not rest until he has found out. When let out in a room, he will carefully examine every nook and corner. He is an inveterate joker and delights to play jokes on his fellow-prisoners, while his sense of humor is almost human at times. The pin-cushion is a constant wonder and delight to him. He flies to it as soon as let out of his cage, and either pulls in pins all out or drives them into the cushion as far as possible. If he pulls them out, he hops to the edge of the table and drops them on the floor, flinging his tail and uttering a note of great satisfaction when they strike the floor.—Suburban Life.

**Trade Follows Good Roads.**

Heavy loads of farm produce are held up by bad roads, and the better route is chosen for them, sometimes, even when the market is not as much to the liking of the farmer as the one offered by a city or town situated on poorer highways. The important fact about this is that the farmers usually do their trading in the same place where they market their crops, and their trade is valuable to the merchants of any city.—Schenectady Gazette.

**Ham and Egg Logic.**

Eggs, it seems, would not be so high if chicken feed were not so high; and chicken feed were not so high if eggs were not so high. Whereupon it is adjudged that you cannot beat the system, anyhow.—Washington Herald.

**ORIGIN Of a Famous Human Food.**

The story of great discoveries or inventions is always of interest. An active brain worker who found himself hampered by lack of bodily strength and vigor and could not carry out the plans and enterprises he knew how to conduct, was led to study various foods and their effects upon the human system. In other words, before he could carry out his plans he had to find a food that would carry him along and renew his physical and mental strength. He knew that a food which was a brain and nerve builder (rather than a mere fat maker) was universally needed. He knew that meat with the average man does not accomplish the desired results. He knew that the soft gray substance in brain and nerve centres is made from Albumen and Phosphate of Potash obtained from food. The he started to solve the problem. Careful and extensive experiments evolved Grape-Nuts, the now famous food. It contains the brain and nerve building food elements in condition for easy digestion. The result of eating Grape-Nuts daily is easily seen in a marked sturdiness and activity of the brain and nervous system, making it a pleasure for one to carry on the daily duties without fatigue or exhaustion. Grape-Nuts food is in no sense a stimulant, but is simply food which renews and replaces the daily waste of brain and nerves. Its flavour is charming, and being fully and thoroughly cooked at the factory it is served instantly with cream. The signature of the brain worker spoken of, C. W. Post, is to be seen on each genuine package of Grape-Nuts. Look in pkgs. for the famous little book, "The Road to Wellville." "There's a Reason."

**CIVILIZATION OF THE MISSISSIPPI VALLEY.**

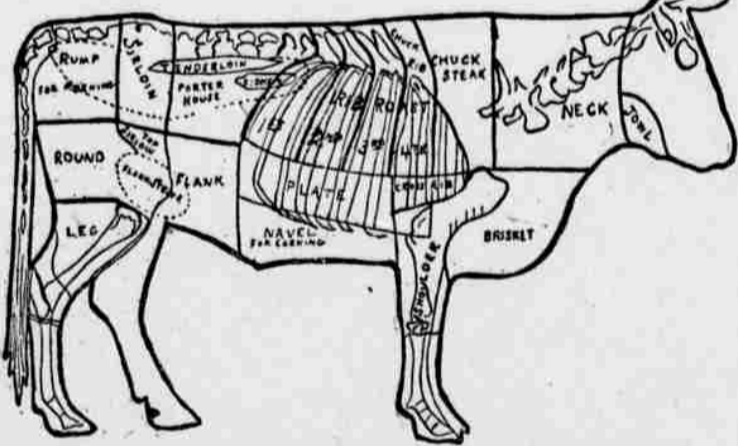


The Triumphal March of Old World Influences From the Great Lakes to the Gulf of Mexico as Symbolized in the Sculptural Creation, "The Apotheosis of Saint Louis," by Charles H. Niehaus, of New York.

From a series of excellent sculptural illustrations in The Journal of American History, a quarterly publication issued by The Associated Publishers of American Records, New Haven, Conn.

**TO DISTINGUISH THE VARIOUS CUTS OF BEEF**

It is as essential that a housekeeper be instructed in everything pertaining to the various branches of her housework as it is indispensable for a man to be efficiently equipped for the particular business which he follows every day of his life. To her is given the care of the home, and not the least important part of this is its finances. One of the most important points in this regard is that the housewife should market economically. This does not mean buying on a cheap scale—anyone can do that—but a judicious purchasing of all requisite articles. The most economical buyer is the one who gets the greatest returns for the least expenditure, and these returns should be in quality even more than in quantity. As meat forms the greater share of any one food, and as its cost generally averages the highest, it behooves the housekeeper to look well to her meat bills. If these are larger than she would wish to have them, nothing but sagacious buying will reduce them.



WHERE THE VARIOUS CUTS OF BEEF COME FROM.

and this can only be accomplished by a more or less thorough knowledge of the various cuts of meat, the location, and their values as blood and tissue builders for the human system. Beef, lamb and mutton form the staples of meat diet, and as beef is consumed in the greatest quantity, it has been thought advisable to prepare the illustration on this page, marking it off as a chart. So much attention is paid to-day to scientific cooking, and there are so many ways, through the magazines and papers, for the average woman to keep herself informed, that it is inexcusable for any except the most inexperienced housekeeper not to have an intelligent knowledge of the choice and inferior cuts of meat. Few housekeeping articles, however, touch on the very important subject of meat, that is, in its initial stage, or from a point where the butcher cuts it into large sections to be set aside until special cuts are taken from each. The accompanying illustration, therefore, will prove most interesting to the woman who wishes to add to her store of knowledge on this subject.—American Home Monthly.

**A Missouri Tragedy.**  
As the forms for the Wednesday Herald were going down the elevator at 4.30 the elevator chain broke and let the entire load fall to the floor of the basement in a conglomerate heap.—Columbia Herald.

**Losing Money.**  
A woman who was suing for divorce was abusing her husband. "It cost nothing to get him, but it will cost me \$75 to get rid of him," said she.—Athlison Globe.

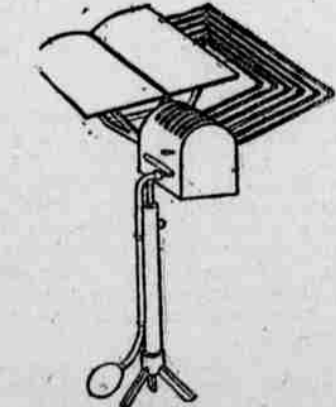
**Cingalese Superstition.**

An old Cingalese woman, who lived in an ordinary native hut by herself, died and was buried. On the following day a large iguana (a species of lizard which attains great size) entered the compound of a gentleman living close by and attacked his poultry. Hearing the noise and commotion he came out, and on ascertaining the cause got his gun and shot the iguana. No sooner had he done this than there arose a great uproar from the relatives of the old woman, who declared that he had killed her, because her spirit had passed into the lizard, in proof of which they pointed triumphantly to the fact that it had never before been seen in the vicinity and only appeared after her death. Rupees finally appeased the outraged feelings of the old woman's descendants.—Java Times.

**Music Leaf Turner.**

Among recent patented devices is an ingenious apparatus for turning the leaves of music, designed by a Pennsylvania man. Numerous attempts have been made to devise a music leaf turner, but none has as

yet proved practical. At least we do not see orchestras or bands using any of them. The one shown in the illustration certainly seems practical in every way. At the same time its operation is very simple. It can be used in connection with any of the ordinary music stands generally employed for the purpose. Attached to the frame is a receptacle containing the operating mechanism. Extending from the receptacle are six or more rods, which are bent at right



angles and end in fingers. The latter when in position rest on each successive page of the music. Depending from the operating mechanism is a rubber tube and bulb, the latter resting on the ground close to the musician's foot. When the musician has reached the end of the page and desires to continue on the next, he presses the bulb with his foot, and the first page of music is turned over. On each successive page he does the same, each finger in turn forcing the next page over.—Washington Star.

**MUNYON'S PAW-PAW PILLS**

The best Stomach and Liver Pills known and a positive and speedy cure for Constipation, Indigestion, Jaundice, Biliousness, Sour Stomach, Headache, and all ailments arising from a disordered stomach or sluggish liver. They contain concentrated form all the virtues and values of Munyon's Paw-Paw Tonic and are made from the juice of the Paw-Paw fruit. I unhesitatingly recommend these pills as being the best laxative and cathartic ever compounded. Get a 25-cent bottle and if you are not perfectly satisfied I will refund your money.—MUNYON, FIFTY-THIRD and JEFFERSON STS., PHILADELPHIA, PA.

**Woman, the Eternal Savage.**  
According to Professor Starr of the University of Chicago woman remains "the eternal savage." It is impossible to civilize her because "the fundamental nature of woman is barbaric." Her fondness for deception, her love of finery, her very superstitions mark her as a "primitive," a being no further advanced than her sister of the jungle. She thinks the old thoughts, feels the old emotions, is moved by the old impulses; she dresses in the old gew-gaws; she is thrilled by the world-old hopes and fears. And it is on her possession of these characteristics, says Dr. Starr, that the continuance of the race depends.

This, it is perhaps, the greatest tribute ever paid to women. They are shown to be nature's sole product that has resisted the processes of evolution. However they came into the world, whether fashioned from a rib or not, they came perfect and complete like Athena from the brow of Zeus. They achieved the summum bonum of existence at a bound.

Professor Starr will not doubt admit that woman, while retaining her original savagery, has improved on her sister of the jungle. The latter does not change her costumes four times a day; her palm tree trousseau serves for all occasions. Nor is she a connoisseur of cocktails. But if we follow the Chicago anthropologist, it is in the essential nature of her influence by means of personal charm that woman remains unchanged.—New York World.

**DREADFUL DANDRUFF.**

**Girl's Head Encrusted—Feared Loss of All Her Hair—Baby Had Milk-Crust—Missionsary's Wife Made Perfect Cures by Cuticura.**

"For several years my husband was a missionary in the Southwest. Every one at that high and dry atmosphere has more or less trouble with dandruff and my daughter's scalp became so encrusted with it that I was alarmed for fear she would lose all her hair. After trying various remedies, in desperation I bought a cake of Cuticura Soap and a box of Cuticura Ointment. They left the scalp beautifully clean and free from dandruff and I am happy to say that the Cuticura Remedies were a complete success. I have also used successfully the Cuticura Remedies for so-called 'milk-crust' on baby's head. Cuticura is a blessing."—Mrs. J. A. Darling, 310 Fifth St., Carthage, Ohio, Jan. 29, 1908.

Potter Drug & Chem. Corp., Sole Props. of Cuticura Remedies, Boston, Mass.

**A Glimpse of the Past.**

The giant—his name is of no consequence—was putting on his seven league boots. "Including, of course," he explained, "both the major leagues, and perhaps the Three Eye. I've forgotten the names of the others." Having already put on his Sox; he fared forth and went on a terrific bat.—Chicago Tribune.

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

**Take Life Like a Man.**

It is a pitiable thing to see a young man whining over his lot in life, and excusing indifference and inaction because of hard luck or some cruel fate which has put stumbling blocks in his way. No matter what your environment, or what you may be called upon to go through, face it like a man, without whining. Turn your face to the sun, your back to the shadows and look the world in the face without wincing. Make the most of your situation. See the beauties in it and not the ugly features. This is the way to improve an unfortunate environment.—Success Magazine.

**Most old people must give the bowels gentle, constant help. One candy Cascaret each day does that. Harsh physic, taken regularly, makes the bowels callous. Cascarets do not. Nearly all old people now use this natural, gentle help.**

Vest-pocket box, 10 cents; 4 drug-stores. 5¢ Each tablet of the genuine is marked C.C.C.

**DAISY FLY KILLER**

placed anywhere all flies, New York, clean, ornamental, costliest, cheap, does not kill of dog over will not soil clothes, guaranteed effective. Full directions, or order sent for 25c. Harold Somers, 120 N. 4th Street, Brooklyn, New York.

**EUGENE HEARD OPTOMETRIST**  
ESTABLISHED 1899  
DIPLOMA IN OPTIC  
DIPLOMA IN OPTIC  
DIPLOMA IN OPTIC  
P. N. U. 29, 1909.

**DROPSY NEW DISCOVERY**  
First cause, both of testicles and 20 Drops treatment  
West. Dr. H. H. GILKES'S ROOM, Box 2, Atlanta, Ga.

**"MEMOIRS OF DAN RICE," THE CLOWN OF OUR DADDIES.**

At Last, There is on Sale a Book Brimful of American Humor.

Any bookseller will tell you that the constant quest of his customers is for "a book which will make me laugh." The bookman is compelled to reply that the race of American humorists has run out and comic literature is scarcer than funny plays. A wide sale is therefore predicted for the "Memoirs of Dan Rice," the Clown of Our Daddies, written by Maria Ward Brown, a book guaranteed to make you roar with laughter. The author presents to the public a volume of the great jester's most pungent jokes, comic baranques, caustic hits upon men and manners, lectures, anecdotes, sketches of adventure, original songs and poetical effusions; wise and witty, serious, satirical, and sentimental sayings of the sawdust arena of other days. These "Memoirs" also contain a series of adventures and incidents alternating from grave to gay; descriptive scenes and thrilling events; the record of half a century of a remarkable life, in the course of which the subject was brought into contact with most of the national celebrities of the day. The book abounds in anecdotes, humorous and otherwise; and it affords a clearer view of the inside mysteries of show life than any account heretofore published. Old Dan Rice, as the proprietor of the famous "One Horse Show," was more of a national character than Artemus Ward, and this volume contains the humor which made the nation laugh even while the great Civil War raged. This fascinating book of 500 pages, beautifully illustrated, will be sent postpaid to you for \$1.50. Address Book Publishing House, 134 Leonard street, New York City.

**The Eye a Perfect Camera.**

The eye is the most perfect camera in existence. It is not so quick as the best that man makes, some of which can fix the image of the lightning flash in a way the eye has never held it, yet for adaptability and for taking an endless array of pictures on the same plate it stands unapproached by anything man has ever devised. It is a camera no larger than a marble. Its photographic plate is no larger than a quarter. Yet on its surface it has 137,000,000 nerves or "wires" and 137,000,000 little rods and cones which serve as stations on telegraphic lines to the brain. The moment a ray of light strikes one of these little stations a speaking account is telegraphed to the brain over a private wire. Each station makes its own report, all of the 137,000,000 wires passing to the brain through a cable no larger than a slate pencil. There the entire 137,000,000 reports are woven into a single story and that story is what we think when we see.

**Sour Milk to Prolong Life.**

Don't throw away sour milk. Drink it. Dr. Charles Reinhardt, an English physician, has written a little book called "120 Years of Life and How to Attain Them." He tells of investigations among the Bulgarians. He was attracted to Bulgaria by a government table showing that there were many persons in the country who had reached the age of 120 years and were alive and hearty. He went to Bulgaria a skeptic; he came away convinced that the Bulgarians are the longest lived of all nations. He decided that the secret of extreme and active old age was sour milk. The Bulgarians take a special form of sour milk daily. It is prepared with a ferment known as "mays." Reinhardt says that this sour milk used over the world will lengthen the average life by at least 20 years.—New York Press.

**Truly Rural.**

"I want a home," said the city man, "where I can see plenty of fresh green vegetables and have livestock and chickens about me." "I've got the very thing you want," returned the enthusiastic agent; "a cozy six-room flat right next to a markethouse."—Washington Star.

**HAMLIN'S WIZARD OIL GREAT FOR PAIN**

**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 SHAVER" 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 SHAVER" Blades, 5 for 25c. And satin finish silver-plate d stoppers at 10c. each.

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

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

THE RAZOR is a "WIZARD" of price.

**25c**

**SHRP SHAVER**

**MORE PINKHAM CURES**

Added to the Long List due to This Famous Remedy.

Camden, N.J.—"It is with pleasure that I add my testimonial to your already long list—hoping that it may induce others to avail themselves of this valuable medicine, Lydia E. Pinkham's Vegetable Compound. I suffered from terrible headaches, pain in my back and right side, was tired and nervous, and so weak I could hardly stand. Lydia E. Pinkham's Vegetable Compound restored me to health and made me feel like a new person, and it shall always have my praise."—Mrs. V. P. VALENTINE, 903 Lincoln Avenue, Camden, N. J.

Gardiner, Me.—"I was a great sufferer from a female disease. The doctor said I would have to go to the hospital for an operation, but Lydia E. Pinkham's Vegetable Compound completely cured me in three months."—Mrs. S. A. WILLIAMS, R. F. D. No. 14, Box 39, Gardiner, Me.

Because your case is a difficult one, doctors having done you no good, do not continue to suffer without giving Lydia E. Pinkham's Vegetable Compound a trial. It surely has cured many cases of female ills, such as inflammation, ulceration, displacements, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, indigestion, dizziness, and nervous prostration. It costs but a trifle to try it, and the result is worth millions to many suffering women.

Gentle, but Disturbing.  
She—Don't you enjoy the first touch of spring?  
He—No; hanged if I do! It's my wife's touch for a new hat.—Boston Transcript.

H. H. Green's Sox, of Atlanta, Ga., are the only successful Drosy Specialists in the world. See their liberal offer in advertisement in another column of this paper.

Opportunities Gone.  
"Young man," said the Successful Old Guy, "I started as a clerk on \$4 a week, and today I own the business."

"I know," answered the Young Chap, "but they have cash registers in all the stores now."

**METALLIC HEELS**

**COUNTERS Made of Steel**  
For Miners, Quarrymen, Farmers and All Men Who Do Rough Work.  
Will save you from sprained ankles and chafed heels. They can be attached to your old shoes and will make them good as new. Your shoe dealer has shoes lined with them, or any cobbler can put them on. They will never break down.  
Send for booklet that tells all about them.  
United Shoe Machinery Co. Boston, Mass.

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