

HEALTH NOTES FOR AUGUST.



FOR CURE OF STOMACH, BOWELS, LIVER, KIDNEYS, BLADDER, URINARY SYSTEMS, GONORRHOEA, NEURALGIA, MIGRAINE, RHEUMATISM, GRAVEL, CALCULI, AND ALL AFFECTIONS OF THE INTERNAL ORGANS. Pe-ru-na is an excellent remedy for all these conditions.

Adaptable Trio. "I know three women who live in the same flat," said the bachelor girl.

And Mistake of an Actor. An actor without funds managed in some way to get a second-class ticket on a line of steamers running between Seattle and San Francisco.

Leading a Double Life. Rivers—"You can't make me believe you ever caught a fish that had another fish hider on its throat and landed both of them."

High-Priced Meat may be a Blessing. If it gives one the chance to know the tremendous value of a complete change of diet.

A Little Fruit. A dish of Grape-Nuts and Cream. A Grape-Boiled Egg. Some Nice, Crisp Toast. Cap of Well-made Postum Food Coffee.

That's all, and you feel comfortable and well-fed until lunch. THEN REPEAT. And at night have a liberal meat and vegetable dinner, with a Grape-Nuts pudding for dessert.

Such a diet will make a change in your health and strength worth trial. "There's a Reason." Read "The Road to Well-being," in page.

SHEN NONSENSE

She—Don't you think the new debutante's voice is perfectly heavenly? He—Quite unearthly.—The Bystander.

He (with a sigh)—I have only one friend on earth—my dog. She—Why don't you get another dog?—Chicago Daily News.

Citizen—Yes, she's married to a real estate agent, and a good, honest fellow, too. Suburban—Good heavens! Bigamy, eh?—Philadelphia Press.

"Joining, doesn't your conscience tell you that you are doing wrong?" "Yes, mother, but father said I wasn't to believe everything I heard."—Punch.

Patience—Did you ever hear the Duette sisters sing in concert? Patricia—No; one always seems to be a little ahead of the other.—Youkers Statesman.

"No, I don't care for English opera." "Why not?" "Because it bothers me to listen to what the singers are saying when I want to talk."—Cleveland Plain Dealer.

Nell—She always said she wanted a husband who was easily pleased. Rose—Did she get such a one? Nell—Why, yes; she married her.—Lippincott's Magazine.

"I should think," she said, "that golfing would make you awfully tired." "No, I stand it first rate. You see, I never keep my score at all."—Chicago Record-Herald.

Church—I see that Argentine has a 54-mile horse railway. It is the longest in the world. Gotham—Geel! Think of holding on to a strap for 54 miles!—Youkers Statesman.

"I must get you another chair for the kitchen, Katie; I see you have only one." "Sure, you needn't mind, ma'am. I have none but gentleman callers."—Youkers Statesman.

"I'm going to put a fender on the front of my runabout." "So you won't run over some one?" "Nope. So it won't hurt the radiator when I do."—Cleveland Plain Dealer.

Wigwag—That's a fine dog of yours, Saphodie. Saphodie—Yes, indeed, he is. That dog knows as much as I do. Wigwag—I'll give you a quarter for him.—Philadelphia Record.

"Excuse me, sir, but this is the sixth time that you have gone away without paying." "Oh, my dear young lady, when a man sees you he forgets everything else."—Fliegende Blaetter.

Lady Customer—I wish to tell you how these shoes of mine are to be made. Shoemaker—Oh, I know that well enough—large inside, and small outside.—Meggendorfer Blaetter.

"Oh! Willie, what's this queer looking thing with about a million legs?" "That's a millennium. It's something like a centennial, only it has more legs."—"Natural History," in Life.

Nell—Yes, she said her husband married her for her beauty. What do you think of that? Belle—Well, I think her husband must feel like a widower now.—Catholic Standard and Times.

Blinks—The first principle of anarchism is to divide with your fellow man, is it not? Winks—No. The first principle is to make your fellow man divide with you.—Chicago Daily News.

Hotel Proprietor—Has not the man in No. 15 received his bill yet? Head Waiter—Certainly! Fifteen minutes ago. "Strange! I hear him still singing in his room."—Meggendorfer Blaetter.

FARM GARDEN



Don't let any clouds get between you and the sunshine.

Oats is recognized as the best feed for the brood mare. Why not for the brood sow?

Look out for any weak or broken places in the hay rigging. It is no fun and it may be really dangerous to have a breakdown with a load of hay on.

When buying a whetstone, don't get one that is too coarse. One with a fine grind will be the best by all odds.

Laws have recently been enforced in a few States whereby automobilists must stop at a wave of the hand. Formerly it was necessary to take a shot across the front of the car to secure attention.

Procrastination spoils the hopes of many a nice crop of tomatoes, cabbage or celery. First we wait for the seeds, then for them to grow, and then for a good rain prospect.

When heavy winds come up, shut the doors at the barn and at the house. If you don't you may find your roof away over in the back lot, and that would not be much fun.

The idea in getting boys interested in farm life and its operations is to let them follow the line of work they like best. If the boy shows preference to work with machinery, with stock or with crops and gardening, why, let him follow his bent.

Illinois agricultural fairs will hereafter receive from the State funds an amount equal to 40 per cent of premium money offered on exhibits.

One of the best things you can do to make the mowing machine work better is to take off the guards, if they are somewhat worn, and grind them along the edges that come next to the sections.

When one stops to compare the amount of clove and constant attention that the farmer must give to his work with that which other business men give to their respective labors there is not so much cause to complain.

For fruit for the family. For family use there is no necessity for having six or seven varieties of a single kind of fruit.

Wolf Teeth. The old superstition about wolf teeth in horses is still considered with a good deal of respect by some people.

Make Hay in Haying. The nearer hay approaches grass the better feed it makes. To accomplish this, it is necessary to cut the crop early to secure it in good condition.

Saving Sweet Potato Crop. Professor G. W. Carver, director of the Duskgee Institute, of Alabama, has been experimenting for five years to discover the best way of saving sweet potatoes.

The Dried Vines. At Yarmouth, in St. Nicholas Church, one of the most curious objects is known as the Devil's Chair.

They were celebrating their engagement by dining at a swell cafe. "Do you believe," she queried as the conversation lagged, "that man is really made of dust?"

His Little Pile.

Mr. Corson, owner of the sawmill, had his eye on every stick of timber in the county, and the owner of every poor little clump and grove had his eye on Mr. Corson and the rising prices of lumber.

George Wales cut his thin squad of pines, trimmed the logs, and piled them in his front lot by the road. Then he waited for the time when he should accidentally be visible on the place and Mr. Corson should drive by.

The encounter took place in due time. Mr. Corson rattled past in his wagon, took a sidelong look at the pile of logs, and called, "Say, George, don't you know it ain't polite to throw your toothpicks round the front yard?"

He Took a Rest. As it is undoubtedly true that one man's meat may be another man's poison, so it happens sometimes that what seems like work to one person is regarded as recreation by another.

Had a good lecture on Alaska, didn't you, Ed? "Yes, sir," said the head waiter, "they like them, but they are afraid to try to eat them in public. They don't like to take chances on making a show of themselves."

A Dressed Task. When the new waiter cleared the table, after the twelfth man that he had served that morning and took away the orange still untouched, he expressed downright astonishment.

Economy. "Can't you boil down that speech of Proudhon's at the banquet this evening to about 200 words?" asked the managing editor, through the telephone.

NO RELIEF FROM ECZEMA. For Over 400 Years—Patent Medicines, Quack Cures and Doctors Fail—Cuticura Succeeds.

W. L. DOUGLAS \$3.00 & \$3.50 SHOES. About 1,200 miles of railroads are likely to be constructed in South Africa within the next few years at a cost of \$30,000,000.

Use ALLEN'S FOOT-EASE. A powder to be shaken into the shoes. Your feet feel swollen, nervous, hot and get tired easily.

Does ALLEN'S FOOT-EASE COOL THE BLOOD? Some doctors have said so and many individuals have said that this dainty, antiseptic powder, shaken daily into the shoes is cooling to the entire system.

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What Charles Dickens Said.

Henry C. Robinson, a witty lawyer who used to live in Hartford, Conn., once told the following anecdote one evening when he was introducing an English author to a Hartford audience.

The first famous Englishman whom I ever saw was Charles Dickens, who lectured here in Hartford when I was a young boy.

I had read some of the stories of this great writer, and I was most anxious to catch a glimpse of the man himself. So on the afternoon when he was expected to arrive I walked up and down the street in front of the hotel where I knew he was to stay.

The hotel was built close to the sidewalk, and the long windows of the parlor were so low that the passer-by could easily see into the room.

I soon realized that a gentleman was sitting within reading a paper. I stepped close up under the window and pressed my face against the glass, eager to get a good look at the stranger.

Yes, it was he! It really was! I had seen his picture often, and couldn't be mistaken. I stared and stared, anxious to impress every feature upon my memory.

Here Mr. Robinson paused impressively, and some one on the platform inquired, "What did he say, Mr. Robinson?"

"He said," replied Mr. Robinson, in subdued tones, "Go away, little boy! go away!"

Tragedy of a Wooden Leg. A man who travels on a wooden leg says: "About the worst accident I ever heard of befalling a wooden-legged man is the time one such unfortunate was going home after being to a late supper, about 3 o'clock in the morning, when his peg leg went through an auger hole in the grub plank sidewalk, and he kept circling about that hole all night thinking he was going home."

Just the Same. Gladys—you thought Clarence was making eyes at you when we were playing blind man's buff! Why, he couldn't. He was hoodwinked.

How a Veteran Has Saved the Amputation of a Limb. R. Frank Doremus, veteran, of Roosevelt avenue, Indianapolis, Ind., says: "I had been showing symptoms of kidney trouble from the time I was mustered out of the army, but in all my life I never suffered as I 1897. Headaches, dizziness and sleepless nights, first, and the dropsy, I was weak and helpless, having run down from 180 to 125 pounds."

CASTORIA For Infants and Children. The Kind You Have Always Bought.

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Bad Symptoms.

The woman who has periodical headaches, backache, sees imaginary dark spots or specks floating or dancing before her eyes, has gnawing distress or heavy full feeling in stomach, flat spots, dragging-down feeling in lower abdomen or pelvic region, easily startled or excited, irregular or painful periods, with or without pelvic catarrh, is suffering from weakness and derangement of the system, and has every symptom that should have early attention.

Noted of badly treated and such cases often run into maladies which demand the surgeon's knife if they do not result fatally.

Women suffering from diseases of long standing are invited to consult Doctor Pierce by letter, free. All correspondence is held as strictly private and sacredly confidential.

The Cost of a Lighthouse. Few tasks our engineers have to undertake, are more difficult than the construction of what Kipling calls "a coast-wise light"—especially if they are off-shore and not on the mainland cliffs.

As to cost of construction, while a shore station may be built for any sum between \$40,000 and \$300,000, an off-shore light may cost as high as \$400,000 before it has finally conquered the fierce elements and is ready to send seaward its triumphant beams of perhaps 50,000 candle power.

The Cave Man. The cave man was complaining of his surroundings. He is invited to consult Doctor Pierce by letter, free. All correspondence is held as strictly private and sacredly confidential.

Having taken your wonderful "Cascara" for three months and being entirely cured of stomach, catarrh and dyspepsia, I am writing you to tell you of my recovery. I have taken numerous bottles of "Cascara" and have found that it is the only medicine that has done me any good.

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