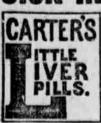
One of the Essentials

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, ot known component parts, an Ethicat remedy, approved by physicians and commended by the Well-Informed of the Worklasa 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 druggista.

SICK HEADACHE



They also relieve Distress from Dyspepsia, In-digestion and Too Hearty Eating. A perfect rem-Drowstness, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable.

SMALL PILL. SMALL DOSE. SMALL PRICE.



MAGNIFICENT NATURAL ARCH.

Imposing Entrance to Cave that Rivals Mammoth's Wonders.

Some seventeen miles south of Woodbury, Tenn., a magnificent natural arch, some forty feet in height, proclaims the mouth of Espy's cave. This cave is a miniature wonder of the world. The arch maintains its great height for some fifty feet back into the cave. At a distance of about 100 feet from the mouth there is a fork in the passage-

Down one fork one can go on foot for about a half mile, until stopped by a pool of water. This water, which is black, completely fills the passage. The walls of the cave are bright with white stone, but one sees a very different view when looking at this pool of water.

Soundings have been made, but for a depth of some 500 feet no bottom can be found. Fish are in the water. The passageway is thick with stalactites. The other passage is where the real beauty lies.

For about half a mile this passage is one continuous cavern of beauty. To the right is a room, the beauty of which must rival even the caverns of Luray.

The ceiling of this room rises to a beight of forty feet. In the center of have seated themselves without incomvenience. All around the room one can see beauty which has heretofore been unequaled this side of the Mammoth "Cave. Beyond the door of this apartment the foot of white man never trod along the passage. Either their hearts failed to support them or their oil gave out. But the latter is always claimed to have been the case.

Some of the would-be explorers are Trank enough to admit that they do uct wish to go back in the cave again. Outside the mountains rise to a great height an each side of the cave, which ends a valley.

A Danger Avoided.

It was a wise young man who paused before he answered the widow who had asked him to guess her age. "You must have some idea about it," she said, with what was intended for an arch sidewise glance. "I have several ideas," he admitted,

with a smile. "The only trouble is that I hesitate whether to make you ten years younger on account of your tooks or ten years older on account of your brains." Then, while the widow smiled and

blushed, he took a graceful but speedy Heave.-Youth's Companion.

Considerate. In a country church one Sabbath

as the congregation were rising for the first hymn, an old lady entered the church at the same time. She held up ber hand, exclaiming: "Keep your seats. Losh, ye needna afise, though I have come in."-London Express. DR. TALKS OF FOOD

Pres. of Board of Health. "What shall I eat?" is the daily inquiry the physician is met with. I do not hesitate to say that in my judgment a large percentage of disease is caused by poorly selected and improperly prepared food. My personal experience with the fully-cooked food, known as Grape-Nuts, enables me to speak freely of its merits.

"From overwork, I suffered several years with malnutrition, palpitation of the heart, and loss of sleep. Last summer I was led to experiment personally with the new food, which I used in conjunction with good rich cow's milk. In a short time after I commenced its use, the disagreeable symptoms disappeared. my heart's action became steady and normal, the functions of the stomach were properly carried out and I again slept as soundly and as well as in my youth.

"I look upon Grape-Nuts as a perfect food, and no one can gainsay but that it has a most prominent place in a rational, scientific system of feeding. Any one who uses this food will soon be convinced of the soundness of the principle upon which it is manufactured and may thereby know the facts as to its true worth." Rend "The Road to Wellville," in pkgs. "There's a Reason."

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

AIKENSIDE

MRS. MARY J. HOLMES

"The English Orphans." Homestead on the Hills'de," "Lean Rivers," rook," Tempest and Saushine," "Couris Mande," etc.

CHAPTER XIX .- (Continued.) the domestic goddess, while Maddy also He was very pale, and the great sweat detected various things which she recogfrops stood on his forehead and under nized as having come from Aikenside white hair, but Maddy wiped them Who sent them? Did Guy, and had he away and listened with a breaking hear: een there, too, while she was sick? The while the aged disciple almost home told hought brought a throb of joy to Maddy's her of the peace, the joy, that shone teart, but it soon passed away as she bearound his nothway to the tomb, and of gan again to wonder if Uncle Joseph, too, the everlasting arm bearing him so gently d died, and where Flora was. It was over Jordan. Then he talked of herself of far to the Honedale burying ground, blessing her for all she had been to him, Maddy could see the headstones from telling her how happy she had made his where she sat gleaming through the Aulife since she came home to stay, and gust sunlight; could discern her mother's, and knew that two fresh mounds at least how for a time he had ached so with fear lest she should choose to go back and were made hedde it. But were there leave him to a stranger. "But my darling three? Was Uncle Joseph there? By stayed with her old grandpa. She'll nevtenling across the mendow in the rear er be sorry for it, never. I've tried you of the house the distance to the grave sometimes, I know, for old folks ain't yard was shortened more than half, and like young; but I'm sorry, Maddy, and ould not be more than the eighth part of you'll forget it when I'm gone, darling a mile. She could walk so far, she knew. Maddy, precious child"; and the trem-The fresh air would do her good, and bling hand rested caressingly on her bowhunting up her long unused hat, the imed head as grandpa went on to speak of patient girl started, stopping once or his affairs, his little property which was twice to rest as a dizzy faintness came hers after the mortgage to Mr. Guy was over her, and then continued on until the paid. "I've kept up the interest," he said, "but I could never get him to take spot she sought was reached. Three graves, one old and sunken, one made any of the principal. I don't know why when last winter's snow was on the hills, he is so good to me. Tell him, Maddy, the other fresh and new. That was all; how I thanked and blessed him just be Uncle Joseph was not there, and vague fore I died; tell him how I used to pray terror entered Maddy's heart lest he had for him every day that he might choose been taken back to the asylum. the better part. And he will-I'm sure "I will get him out," she said; "I will he will, some day. He hasn't been here take care of him. I should die with nothing to do; and I promised grandof late, and though my old eyes are dim, I can see that your step has got slow, and your face whiter by many shades, since he stayed away. Maddy, child, the dead tell no secrets, and I shall soon be dead. Tell me, then, what it is between you two.

Does my girl love Mr. Guy?"

"Oh, grandpa! grandpa!" Maddy moan-

ed, laying her head beside his own on the

It would be a relief to talk with some-

one of that terrible pain, which grew

worse every day; of that intense longing

just for one sight of the beloved one;

of Guy, still absent from Aikenside, wan-

dering nobody knew where; and so Mad-

dy told the whole story, while the dying

man listened to her, and smoothing her

"The worst is not over yet," he said.

"Guy will offer to make you his wife, sac-

rificing Lucy for you, and if he does,

Maddy's heart leaped up into her throat

and for a moment prevented her from an-

swering, for the thought of Guy's really

offering to make her his wife, to shield

her from evil, to enfold her in his tender

love, made her giddy with foy. But it

could not be; she answered through her

"God bless my Maddy! She will tell

him no for Lucy's sake, and God will

bring it right at last," the old man whis-

tremulous. "She will tell him no," he

kept repeating, until, rousing up to great-

er consciousness, he spoke of Uncle Jo-

seph, and asked what Maddy would do

with him; would she send him back to the

asylum, or care for him there? "He

rosy do right. I think I shall keep Uncle

Joseph with me," Maddy replied, a shud-

der creeping over her as she thought of

living out all her youth and possibly

Bu' ner grandfather's whispered bless

toge brought comfort with them, and a

calm quiet fell upon her as she sat there

listening to the words of prayer, and

catching now and then her own name

"I am drowsy, Maddy. Watch while

I sleep. Perhaps I'll never wake again,'

grandpa said, and clasping Maddy's hands

he fell away to sleep, while Maddy kept

into a troubled sleep, from which she was

aroused by a clammy hand pressing on

her forehead, and Uncle Joseph's voice,

which said: "Wake, my child. There's

been a guest here while you slumbered,"

and he pointed to the rigid features of the

Of the days which followed, Maddy

had no distinct consciousness. She only

knew that other hands than hers cared

for the dead, that in the little parlor a

stiff, white figure lay, that neighboring

women stole in, treading on tiptoe, and

speaking in hushed voices as they con-

sulted, not her, but Mrs. Noah, who had

come at once, and cared for her and hers

so kindly. That she lay all day in her

own room, where the summer breeze blew

noftly through the window, bringing the

perfume of summer flowers, the sound of

a telling bell, of grinding wheels, the

notes of a low, sad hymn, sung in falter-

upon her, asking how she felt, and whis-

ering ominously to each other as she an

and brushing the flies away. Then Flora

and whose soft little hands felt so coo-

on her hot head, and whose kisses on her

lips made the tears start, and brought a

thought of Guy, making her ask, "if he

write and tell him, but we don't know

And this was all Maddy could recall of

the days succeeding the night of her inst

watch at her grandfather's side, until our

onliny August afternoon, when on the

Floredale hills there tay that smoky has

so like the autumn time burraing on

apace, and when through her open win

dow stole the fragrance of the later

summer flowers. Then, as if waking from

an ordinary sleep, she woke suddenly to

room, wondered if it were no but as it

western sun would indicate, and how

same to sleep so long. For a while st

scene came back to her, a night when he

my thinking, and an she thought, a sad

hot hands had been enfolded in those of

the dead, and that dead her grandfather

Maddy sank upon the bed, morning to

herself, "Yes, grandpa is dead. I re-

member now. But Uncle Joseph, where

is be? Can be, too, have died without

my knowledge?" and she tooked arous

valu for the lunatic, not a trace of

consciousness, and staring about

was at the funeral."

where he is."

door. Then friendly faces looked in

watch beside him, herself falling

w. grandpa.

"I shall tell him no."

He may live for years."

middle sa with a lunatic.

and that of Guy's.

newly dead.

tears:

silken hair, tried to comfort her.

She could get no farther, for the rush of memories which came over her, and seating herself upon the ground close to the new grave, she laid her face upon it, and sobbed piteously:

"Oh, grandpa, I'm so lonely without you all; I almost wish I was lying here

the quiet yard." Then a storm of tears ensued, after which Maddy grew calm, and with her head still bent down, did not hear the rapid step approaching, the manly step coming down the grassy road, coming past the marble tombstones, on to where that wasted figure was crouching upon the ground. There it stopped, and in a halfwhisper called, "Maddy! Maddy!"

Then, indeed, she started, and lifting up her head, saw before her Guy Remgton. For a moment she regarded him itently, while he said to her, oh, so kindly, so pityingly:

"Poor child, you have suffered so much, and I never knew of it till a few days Maddy stretched her hands toward him

moaning out: "Oh, Guy, Guy, where have you been,

when I wanted you so much?" Maddy did not know what she was sayog, or half comprehend the effect it had on Guy, who forgot everything save that she wanted him, had missed him, had pered, his foice growing very faint and turned to him in her trouble, and it was not in his nature to resist her appeal. With a spring he was at her side, and lifting her in his arms, seated himself upon her mother's grave; then straining of tropical Mexico," said a timber exher tightly to his bosom, he kissed her pert who recently made a tour of that again and again. Hot, burning, passionwill be happier here," he said, "but it is ate kisses they were, which took from asking too much of a young girl like you. Maddy all the power of resistance, even had she wished it, which she did not. Too weak to reason, or see the harm, if hard there were, in being loved by Guy, she abandoned herself for a brief interval to the bliss of knowing that she was be-

loved, and of hearing him tell her so. "Darling Maddy," he said, "I went away because you sent me, but now I have come back, and nothing shall part us again. You are mine; I claim you here at your mother's grave. Precious Madde I did not know of all this till three days ago, when Agnes' letter found me almost at the Rocky Mountains. I wish I had come before, now that I know you wanted me. Say that again, Maddy. Tell me that you missed me."

He was smoothing her hair now, her head still lay pillowed upon his breast, so he could not see the spasm of pain which contorted her features as he thus appealed to her. Half bewildered, Maddy could not at first make out whether it were a blissful dream or a reality, her lying there in Guy's arms with his kisses on her forehead lips, and cheeks, his words of devotion in her ear, and the soft summer sky smiling down upon her. Alas, it was a dream from which she was a wakened by the thought of one across the sen, whose place she had usurped, and this it was which brought the grieved expression to her face as she answered mournfully:

"I did want you, Guy, when I forgot; but now-oh, Guy-Lucy Atherstone!" With a gesture of impatience Guy was about to answer, when something in the heavy fall of the little hand from his shoulder alarmed him, and lifting up the drooping head, he saw that Maddy had Then back across the meadow ing tones and of many feet moving from Guy bore her to the cottage, where Flora, just returned from a neighbor's, whither she had gone upon an errand, was look-

ing for her in much affright. Up again into her little chamber Maddy was carried and laid upon the bed Then Mrs. Noah sat with her for a which she never left until the golden time, fanning her with a palm-leaf fan harvest sheaves were gathered in, and the hot September sun was ripening the fruits | dyes. came up with a man whom they called of autumn. But now she had a new "Doctor," and who gave her sundry little nurse, a constant attendant, who during sills and powders dissolved in water, af the day seldom left her except to talk ter which they all went out and left her with and amuse Uncle Joseph, mourning there with Jessie, who had been crying. below because no one sang to him or no ticed him as Maddy used to do. He had not been sent to the asylum, as Maddy feared, but by way of relieving Flora had been taken to Farmer Green's, where he was so homesick and discontented that at "No," Jessie said; "mother wanted to Guy's instigntion he was suffered to return to the cottage, crying like a little hild when the old familiar spot was eached, kissing his armchair, the cook eve, the tongs, Mrs. Noah, and Flora, ud timidly offering to kins the Lord Gov-

tuor himself as he persisted in calling hay, who declined the honor, Guy had possed through several states of mind during the interval in which we mye seen so little of him. Furious at time, and reckless as to consequences he had determined to break with Lucy and marry Maddy, in spite of everybody; then, as a some of honor came over him he resolved to forget Maddy, if possible, and marry Lucy at once. It was in this not mood, and while roaming over the cestern country, whither after his banshment he had gone, that he wrote to Lucy a strange hind of letter, saying he had waited for her long enough, and, sick or well, he should claim her the coming autumn. To this letter Lucy had responded quickly, sweetly reproving Guy for his impatience, softly hinting that latterly he had been quite as culpable as whom was to be found. His room was herself in the matter of deferring their union end appointing the wedding day in perfect order, as was everything about

the house, showing that Flora was still for December. After this was settled hash in a restaurant.

Guy felt better, though the old sore spot in his heart, where Maddy Clyde had een, was very sore still, and sometimes t required all his powers of self-control to keep from writing to Lucy and asking to be released from an engagement so irk-some as his had become. Neglecting to answer Agnes' letters when he first left home, she did not know where he was until a short time before, when she wrote apprising him of grandpa's death and Maddy's severe illness. This brought him, while Maddy's involuntary outburst when she met him in the graveyard, changed the whole current of his intentions. Let what would come, Maddy Clyde should be his wife, and as such he watched over her, nursing her back to life, and by his manner effectually silencing all remark, so that the neighbors whispered among themselves what Maddy's prospects were, and, as was quite natural, were a little more attentive to the future lady of Alkenside. Poor Maddy! it was a terrible trial which awaither, but it must be met, and so with prayers and tears she fortified herself to meet it, while Guy, the devoted lover, hung over her, never guessing of all that was passing in her mind, or how, when he was out of sight, the lips he had longed so much to kiss, but never had since that day in the graveyard, quivered with anguish as they asked for strength to do right. Oh, how Maddy did love the man she must give up, and how often went up the walling cry, "Help me, Father, to do my duty, and give me, too, a greater inclination to do it than I now possess." Maddy's heart did fail her sometimes

and she might have yielded to the temptation, but for Lucy's letter, full of eager anticipations of the happy time when she and Guy should never part again. "Sometimes," she wrote, "there comes

over me a dark foreboding of evil-a fear

that I shall miss the cup now within my reach; but I pray the bad feeling away. I am sure there is no living being who will come between us to break my heart, and as I know God doeth all things well, I trust Him wholly, and cease to doubt." It was well the letter came when 5 In the Shade of the Old Apple Tree. did, as it helped Maddy to meet the hour The oriole with joy was sweetly singing she so much dreaded, and which came at last on an afternoon when Mrs. Noah had gone to Aikenside, and Fiora had gone on an errand to a neighbor's, two miles away, thus leaving Guy free to tell his story, the old, old story, yet always new to him who tells it and her who listens-story which, as Guy told it, sitting by Maddy's side, with her hands in his, thrilled her through and through, making the sweat drops start out around her lips and underneath her hair-story which made Guy himself pant nervously and tremble like a leaf so earnestly he told It : Low long he had loved her, of the picture withheld, the jealousy he felt each time the doctor named her, the selfish joy

be his- not doubtfully, but confidently,

(To be continued.)

MEXICO'S HARDWOODS.

Material for the Woodworker of

Which Little Use Is Made.

part of Mexico, to the New York Sun

man. "There are several varieties of

mahogany, cedar, oak, rosewood, eb-

woods with Spanish names, but corre-

sponding to our blckory, cherry and

other fine American woods that are now

as strong as iron. While the mahogany,

cedar, rosewood and dyewood are well

known to us through importations from

there, the unknown varieties of woods

which grows to a great size. Although

valuable qualities for lumber it is sel-

"In the prehistoric regions that

"There is an odd wood among these

forests known as the gran tree, which

is sent in large quantities to Germany,

and dye. Another tree yields a sap that

is a deep red and Germany also takes

largely of it for the manufacture of

"Besides these that abound in that

pine, a timber that resembles our pop-

to my surprise, more than 6,000 feet

"And he wasn't bethering with such

commonplace logs as mahogany, eb-

ony, cedar, rosewood or such as that,

but was cutting away at the white pine

and oak, for those are the woods that

demand. As a matter of fact, a Mexi-

can lumber dealer would be willing to

trade you mahogany for our yellow

There is a little story going round

he House of Commons about a certain

number who abstained from voting on

the deceased wife's sister bill. Ques-

reason for his abstention, he replied:

Well, my dear fellow, it's just like

The British Museum contains books

written on oyster shells, bricks, tiles,

bones, tvory, lend, iron, sheepskin and

pleceworker? Joyce-Yes; he makes

this-my wime has a sister."

loned by one of his friends as to the

Maine at the head of it.

plac, log for log."

extremely scarce and costly.

plentiful.

chewing gum.

water like iron.

"I was amazed at the almost infinite

eagarly, as if sure of her answer.

the shade of the old apple tree. Where the love in your eyes I could see When a voice that I heard like the song he experienced when he heard the doctor of a bird was refused; told of his growing dissatis-Seemed to whisper sweet music to me. faction with his engagement, his frequent

I could hear the dull buzz of the bee, resolves to break it, his final decision, In the blossoms as you said to me, which that sceee in the graveyard had With a heart that is true reversed, and then asked if she would not I'll be waiting for you, In the shade of the old apple tree.

Old Favorites

On the Banks of the Wabash.

Often times my thoughts revert to scene

Without her face it seems so incom

As she stood there years ago, her boy

CHORUS.

Phrough the sycamores the candle light i

Arm in arm with sweetheart Mary by

was there I begged her to be my

through the churchyard,

loved her, but she thought I didn'

The little brook was babbling its tune

The world seemed brighter than a har-

or there within my arms I gently

And blushing red you slowly turned

can't forget the way I once caressed

I only pray we'll meet another day.

The village bells at noon were gaily ring-

cornfields,

clear and cool;

of childhood,

turn's school;

the Wabash.

gleaming.

my side :

loved her.

dear:

Paul Dresser.

mean it.

pressed you,

away.

by the river,

of new-mown hay;

picture.

I've really come a long way from the And the' my heart is breaking I'll be brave.

I've brought this bunch of flowers and think they're pretty. To place upon a freshly moulded grave

If you will show me, father, where she's variety of woods of value to wood workers that are growing in the forests Or if it's far just point it out to me.

Said he she told us all when she was dving. To bury her beneath the apple tree.

FEARFUL RISKS.

How Reckless Miners Recome Accus tomed to Danger. Dangers to which the miner is con

stantly exposed, and of which the general public has but a very slight idea, "Many of these tropical woods are render his calling one of the greatest caring. His bravery, bowever, has received, correctly, perhaps, another name. He is so used, so hardened, to that are just as valuable are quite as the constant presence of so many death dealing forces that he really becomes enconscious of danger. The risks which "Among these is one cailed zapote, men take in handling powder tend to increase the apparent danger from exthe wood of this tree has peculiarly plosives. Anyone not accustomed to dom used in that way, the tree being constant danger would be horrified to valued merely as the producer of chicle, see a miner juggle an open can of powder in one hand and a lamp in the oththe sap which forms the basis for most er, but it is done every day in the "The wood of the zapote tree is dark | mines. In reality the miner juggles his red, and is easily worked until thor- life and the lives of his fellow men in oughly seasoned, when only the finest one hand and their and his own death edged tools will have any effect on it, in the other. How would you like, for and a sharp pointed nail is driven into instance, to stand stooped over a keg it with difficulty. The fiber of the wood of glant powder and to see sparks of is so dense that the wood sinks in fire from an open lamp play hide and seek about the top of an open can?

A miner's lamp resembles a small teapot. The wick protrudes from the abound in these Mexican tropics are timbers and door frames that are as spout. The lamp is fastened to the perfect to-day as when they were first miner's hat by a small hook, answering placed in position. The wood takes a to the handle of the teapot, and swings back and forth and from one side to magnificent finish, as do nearly all the other with every movement of the these Mexican hard woods, and would wearer's head. If the wick become be a rare article for the cabinetmaker. dry it catches fire and the end become a small mass of charred material and each shake of the lamp causes sparks when tapped yields a black sap, which to fall about the miner's head. On this account the law requires that in handwhere it is used in the making of ink ling powder the miner shall set his lamp on the ground-in the mine it is called "bottom"-four feet from the powder and on its "lee" side as sailors would say. But since the lamps furnish only about one candle power of part of Mexico there are vast areas of light, if the miner is crowded for time and sometimes when he is not, he will lar and different kinds of oak. Much take the risk and keep the lamp on his cap, that he may better see what he is above the sea I found a big sawmill in active operation, with a Yankee from

goes to his work. At the "face" of the coal-the front end of the room where the work is done-he sees several slabs of rock, any one of them blg enough to have crushed him had they faller when he was there a few hours before the native buyers and users of timber He looks up and discovers that the whole roof is loose. He must work under this loose rock, so he gets some props and sets them under it. Whill he knows that half a dozen props will hold a ton or two of rock, he does no know but that there is enough rock ready to fall to make those props as valuable as so many roothpicks. Now see him go to work, shoveling coat and cleaning up the rock that has already fallen. In a moment he hears a noise resembling thunder, only not so loud. and then the click, click of breaking fibers in the timbers. His experienced ear tells him that it is the rock out ting itself loose and that its weight is bearing down heavily on the props Growing uneasy, he sets more under the loose rock, bringing the timbers Boyce-r understand that Smith is almost against the coal where he is working. When he goes back to his work he hears more of the distant | to-day, "is there yet."

约·哈克·哈克·格克·格克·格克·格克·格克· thunder and more of the click, click in the timbers. He hastens to "clean up" his room-that is, to "load out" his coal without attempting to make more. In the meantime he continues to work under the loose rock. Sometimes, not always, the miner leaves before the final crush. Not always, or the figures would not show 1,008 violent deaths und my Indiana homestead wave the and 1,863 injuries in the mines in 1906 from falling rock and coal. Sometimes In the distance loom the woodlands, falling rock gives warning by running sounds and the cracking of props. Sometimes the miner does not know Where I first received my lessons-nathe rock is loose. Sometimes there are blg rocks, weighing up to 3,000 or 4,000 But one thing there is missing in the pounds, which just drop out of a hole in the roof.

When a blast in a mine is so improperly prepared that it does nothing long to see my mother in the doorway, but blow out the hole in which the powder is tamped the effect is that of the firing of a gigantic gun leaded with 500 times as much powder as is used in Oh, the moonlight's fair to-night along an ordinary rifle. The force of such explosions in the confined air of a mine From the fields there comes the breath is often so great as to stop the big fans driven by powerful engines. Sometimes the effect becomes a cyclone, confined in a few feet of space. Every On the banks of the Wabash, far away. man who may be walking in the nir Many years have passed since I strolled current is in danger of being swept from his feet. These cyclones, called windles," often tear everything loose in the mine. Doors used in the mine It was there I tried to tell her that I to change the current of air are blown down and smashed into kindling against the pillars. The cyclones stir up dust, and there is constant danger Long years have passed since I strolled that a later blast, shooting sheets of She's sleeping there, my angel Mary flame for a hundred yards, may cause a dust explosion, snuffing out lives as a puff of wind snuffs out a candle. Still I'd give my future were she only

NATIONS EXCHANGE CHILDREN.

society to Promote Language Study and Moteral Good Will at Work. Among the oddities of European edu cation at present is the exchange of children systems, says the New York

Last year the Paris branch reported 146 exchanges affecting 202 children, an increase of twenty-six exchanges over 1996, and the greatest number to date. The plan is to have a boy or girl from a French family sent to Germany or England, where he or she becomes a member of a German or an English family, the latter in return sending a child to France who is taken in charge by the parents of the French child.

Each family pays the traveling expenses of its own child and keeps it clothed. Nothing is paid for bed or board on either side. The society pays all expenses of finding consenting fam-Hies, of negotiating the exchange and of safeguarding the children in tran-

The main purpose is set forth as beng the reciprocal cultivation of knowlalge of foreign tongues. Then every exchanged child, it is assumed, will take home a genial impression of its foreign sojourn and will always have n kindly feeling for its hosts.

By far the greater number of exchanges are for the school vacation season, only. This it is expected, may be made very general.

Last year's exchanges were divided as follows: France-Germany, 100 cases; France-England, 34; France-Austria, 5; Germany-England, 1; Germany-Italy, 1. There were 240 boys and girls exchanged; England furnished 8 of the girls, Austria 3 and the rest were French.

The probable spread of the system is indicated by the fact that the society received altogether 3,500 tentative proposals for exchanges during the year. Altogether 800 exchanges have been negotiated since the society started.

STEAMSHIP NAMES.

The Way They are Shortened in the Companies' Offices.

No matter how long or difficult of pronunciation may be the name of a steamer, the passenger agents and lerks of the various steamship lines make an effort to be correct in using it when selling tickets to customers. Occasionally they make a slip of the tongue and call the steamer by the nickname used in the office when passengers are not around. The steamers of the Atlantic Transport line, the Minneapolis, the Minnetonka, and the Minnehaha, are referred to generally as the "Minnies." Individually the Minnetonka is called the "Tonk," and the Mesaba the "Mes." The Red line Vaderland is called "Father," the Finland the "Fin," and the Kroonland and the Zeeland the "Kroon" and the "Zee," respectively. The prefix St. is dropped when reference is made to the St. Paul; the St. Louis is called "Looie," and the Philadelphia is called the "Phillie." The North German Lloyd liner Kaiser Wilhelm der Grosse in the parlance of the office force is the "Big Bill," and the Kaiser Wilhelm II. is Billy Two."-New York Tribune.

Her Foe Is Doomed.

At last, after centuries of suffering womankind is to be avenged! Science has decreed that the mouse must go. With it will vanish the only living thing of which the average woman is afraid. Plenty of women have no fear of snakes, lots more are wholly indifferent as to spiders, but the mouse is the common enemy of all women. Of course, it isn't because he frightens women that the mouse is doomed. Man isn't gallant enough to go out of his way to exterminate the breed merely on that account. But scientists have discovered that the seemingly harmless mouse is as much a menace as the rat. In fact, if anything, the smaller rodent is worse, for, being less feared, he has a better chance to scatter germs. But woman, though she is the most fastidious of animals, will rejoice at the departure of the mouse less on that account than because of her ingrained detestation of him. And it's likely the society that has been formed for the annihilation of the whole ro dent tribe will receive much assistance from women the world over.

"That's a beautiful rug. May I ask how much it cost you?" "Three hundred dollars' worth of fur-

niture to match it."-Hebrew Standard "Every man who didn't run at the first Bull run," we heard a man my



HEALTH VERY POOR-RESTORED BY PE-RU-NA.

Catarrh Twenty-five Years Had a Bad Cough. Miss Sophia Kittlesen, Evanston,

Illinois, U. S. A., writes: "I have been troubled with catarrh for nearly twenty-five years and have tried many cures for it, but obtained "Then my brother advised me to best Peruna, and I did.

"My health was very poor at the time I began taking Peruna. My throat was very sore and I had a bad cough. "Peruna has cured me. The chronic catarrh is gone and my

health is very much improved.
"I recommend Peruna to all my friends who are troubled as I was."
PERUNA TABLETS:—Some people prefer tablets, rather than medicine in a fluid form. Such people can obtain Perunalisis. na tablets, which represent the medici nal ingredients of Peruna. Each equals one average dose of Peruna. Each tablet

Man-a-lin the Ideal Laxative. Manufactured by Peruna Drug Manufactur-ing Company, Columbus, Ohio.

The Gentle Rebuff.

"Immeasurable are the rebuffs that the helpers of the poor, the seekers after charity for their suffering brothers undergo," sald a New York charity organization official. "A friend of mine a Methodist minister in a small we ern town, told me the other day of has last rebuff, a not unkind one. Entering the office of the local weekly, the minister said to the editor:

"'I am soliciting aid for a gentleman of refinement and intelligence who is in dire need of a little ready money, but who is far too proud a man to make his sufferings known." "'Why,' exclaimed the editor, push-

ing up his eyeshade, 'I'm the only chap in the village who answers that description. What's this gentleman's name? "'I regret,' said the minister, 'that I

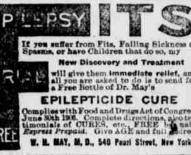
am not at liberty to disclose it.' "'Wby, it must be me, said th

tor. 'It is me. It's me, sure. Heaven prosper you, parson, in your good Exemplified.

Georgie-Auntle, what does from

Auntle-It means to say one thing and mean the opposite, like calling rainy day a fine day.

Georgie-I think I understand you auntie. Wouldn't this be irony: "Ann tie, I don't want a nice big piece cake?"



The Handy Doctor in You Vest Pocket

Enamel Box-When carried in your vest pocket it means Health-Insurance.

It contains Six Candy Tablets of pleasant taste, almost as pleasant as Chocolate. Each tablet is a working dose of Cas carets, which acts like Exercise on th

It will not purge, sicken, nor upset th stomach. Because it is not a "Bile-driver," lil Salts, Sodium, Caloniel, Jalap, Senna, n

Bowels and Liver.

Aperient Waters. Neither is it like Castor Oil, Glycerine or other Otly Laxatives that simply lubrica the Intestines for transit of the food stoppe

up in them at that particular time. * 11 * 2 The chief cause of Constipation an Indigestion is a weakness of the Muscle

that contract the Intestines and Bowels. Cascarets are practically to the Bow Muscles what a Massage and Cold Ba are to the Athletic Muscles.

They atimulate the Bowel Muscles contract, expand, and aqueeze the D

tive Juices out of food eaten. They don't help the Bowels and Liver !

such a way as to make them lean up similar assistance for the future. This is why, with Cascarets, the d

may be lessened each succeeding tim instead of increased, as it must be with

other Catharties and Laxatives." . . . Cascarets act like exercise.

If carried in your vest pooket, (or carried in My Lady's Purse,) and eaten just when

you suspect you need one, you will neve know a sick day from the ordinary Ills of life Because these Ills begin in the Bow and pave the way for all other diseases. "Vest Pocket" box 10 cents.

Be sure you get the genuine, made on by the Sterling Remedy Company, and never the bulk. Every tablet stamped "CCC.

TTS a thin, round-cornered little