

ion if your blood is impure or if you suffer with indigestion or any stomach or liver aliment

Munyon's Paw-Paw Pills regulate the bowels, correct indigestion, constipapimples, sores and most cruptions. One pill is a gentle laxative; two

pills a thorough physic. They do not gripe, they do not weaken. Price 25c. MUNYON'S REMEDY CO., 52rd and Jefferson Sts., Phila., Pa.

BLINDNESS NO HANDICAP.

Sightless Explorer Goes Around the World Without Attendant.

The recent refusal of a railway mous "blind traveler."

tended. Yet he never met with any back again. serious mishap, says Pearson's Week-

His energy and adaptability were of normally constituted individuals. Naturally he met with many ad-

ventures, some of which he incorporated in a most interesting volume, now long out of print and very rare. At one time he was traveling in the ach. wilds of Eastern Siberia, driving his own sleigh, which he picked out each for erysipelas. morning from a number of others and harnessed himself. This was re eventually cures round shoulders. ported to the Russian governor, whe ordered him to be arrested and deported as a spy, believing his blindness to be assumed. He was probably the only male

European who has ever been conducted over an Oriental seraglio, an experience which befell him not once only, but on three occasions. This was done to gratify the curlosity of at once. the dusky beauties of the harem, who When were glad to be able to see and con-

verse with an educated white man, oil and bind on. without losing caste by being seen in their turn. Many other blind travelers have

since made similar extended tours, and one of them, Dr. Louis Shep perd, has recently beaten all records by going twice around the world, covering, in the course of sightless wanderings, over 100,000 miles. But then of course traveling is not now the difficult and dangerous business it was in Holman's times.

Blessing in Disguise. "Sometimes our disappointments rinsing in warm but not hot water. come to be recognized as blessings," said the ready made philosopher.

'hat's a fact." answered the

Fireless Cooking.

In fireless cooking there are certain things to be remembered by the inexperlenced cook. Oen is that if a dish is left indefinitely in the cooker it will tion, billousness, torpid livers, jaun- sour, Soups, stews, vegetables and dice, sallow and dull complexions. They such things must be removed after purify the blood and clear the skin of twenty-four hours, and less in hot weather. Another thing is that some foods require a longer time on the fire before being put in the cooker than others do. According to Harper's Bazaar, cereals may take only ten minutes, and tough meat half an hour; it is best to find out something about the length of time the different things re-

guire before beginning to use the cooker. Generally speaking, all indigestible booking clerk to issue a ticket to a things take longer than the rest; outblind man who was unaccompanied by meal, beef stew, corned beef and beans a guide would have sounded rather need more time than steamed pudridiculous to James Holman, the fa dings, rice and chicken. A third thing

to remember is this: Everything that Although absolutely sightless, this takes a very long time to cook is imremarkable man visited, very early in proved and the process hastened if, the last century, almost every place when the time is half up and the food of note in the world, and throughout cooled, the pall is removed and rehis wanderings he was quite unat heated without opening it, and put

In all cooking also you must be careful not to uncover the pail with the food in it before putting it in the marvelous. He scaled lofty moun box. It must be kept tightly covered tains, forded broad and rapid streams from the time it is put on the fire and crossed in safety sandy deserts or the steam will escape and the meat that taxed to the utmost the powers or soup cool so that it cannot cook. Put everything in as quickly as possible, and cover at once.

Health and Beauty Hints. Clam broth is good for a weak stom-

Cranberry poultice is recommended

Daily exercise with light dumb bells Try taking cod liver oil in tomato catsup if you want to make it palatable

Mustard plasters made with the white of an egg do not blister the skin

common earth with water and apply the possibilities be for his recovery.

When a cut will not heal, saturate a piece of absorbent cotton with coal

Nothing takes the oil from the skin more quickly than a soap that does not agree with it.

Boy's Suit.

If you wish to scent the false pompadour, lay it on the rose jar or on top of it and cover for several hours. A sure relief from thirst when water is not to be obtained is derived from holding a dry pebble or a button in the mouth.

Buttermilk is excellent for the com plexion and may be used daily, washing with it, letting it dry on, and then NEW FALL HATS.

VELVET AND LACE, VELVET AND STRAW AND VELVET ALONE.

sooner ine invalid gets his mind see Mr. --?" she asked of a sternfree from this and makes a start to- looking woman who opened the door ward hardening his body and accus- at one house. "No, you can't," antoming himself to exercise the muscles swered the instron, decisively. "But I To cure a sting of bee or wasp, mix in a itealthful fashion, the better will want to know what party he belongs to," pleaded the girl. The woman The conditions which make for health drew up her tall figure. "Well, take and happiness are: A moderate diet a good look at me," she said. "I'm of plain, wholesome food, a life of reg- the party he belongs to."-Universalist ularity, and above all, healthful exer- Leader.

cise in the open air. A patient may be very weak and even confined to bed, but so long as there is no fever or existing inflammatory conditions that

might be aggravated by activity, nothing need hinder him from making a start in physical culture. Fretting Injures the Stomach.

"Do you know that your stomach slumps-actually slumps from two to four inches in your body if you make

a practice of worrying and fretting?" said a woman lecturer. "First your mouth droops till you can't lift the corners of it. Your chin gets big-

stomach slumps and coils up on itself,

picture then! But worse comes. Your \$3,100,000

Making Americans. Value Painted On.

Outside the big public school 147, en Well painted is value added whether the house be built for one thousand Henry and Gouverneur street,s the dollars or ten thousand. Well painted other day, several thousand alien neans higher selling value, and higher mothers stormed the gates and scolded occupying value-for there's an addi- the police and shrieked for their chiltional pleasure in living in the house dren. It was an hour of hysteria. Inside the building the children that is well dressed.

National Lead Company have made were marshaled to their classrooms. It possible for every building owner to where the habit of order asserted itbe absolutely sure of pure white lead self. Sixty boys, constituting the popaint before applying. They do this lice force of No. 147, took the situaby putting upon every package of their tion in hand, some of them guarding white lead their Dutch Boy Painter the yard from intrusion, while others Trademark. That trademark is a com sallled through the gates to reassure the hysterical women. Within ten plete guarantee.

National Lead Company assist in minutes the disorder was over. ' Eventmaking the right use of the right paint ually such mothers as insisted after by sending free upon request to all who the others had gone away were taken ask for it, their "Houseowners' Paint | to various rooms to see their children ing Outfit No. 49." This outfit includes at work.

a book of color schemes for either ex-Nowhere else in the United States terior or interior painting, a book of is an event possible just like this at specifications and an instrument for No. 147. The shrieking mothers outdetecting adulteration in paint ma side the school, the quiet children in terials. Address National Lead Com the classrooms, the steady-voiced monipany, 1902 Trinity Building, New York tors at their appointed work of restor-City, and the outfit will be promptly ing peace and order-these went in their several ways to form the most sent to you.

striking spectacle possible in these The use of wind motors as generadays of a new American in the mak tors of electric power is greatly on the ing .- New York World. increase in Denmark.

BABY HORRIBLY BURNED

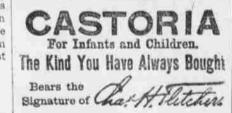
By Bolling Grease-Skin All Came Off One Side of Face and Head -Thought Her Disfigured for Life -Used Cutleara-No Scar Left.

tions in South Dakota and North Da "My baby was sitting beside the kota in October will give thousands of fender and we were preparing the breakfast when the frying-pan full of boiling grease was upset and it went all over one side of her face and head. Some one wiped the scald with a tow- RAILWAY, and Mobridge and Lemmon,

and gave me some stuff to put on. But it all festered and I thought the baby was disfigured for life. I used about on October 26. three boxes of Cuticura Olutment and there wasn't a mark to tell where the Coast. Descriptive folder free. F. A. MILLER,

velvet. Mrs. Hare, 1, Henry St., South Shields, Durham, Eng., March 22, 1908." Potter Drug & Chem. Corp., Sole Props. of Cuticura Remedies, Boston.

In Paris there are inirty-two miles of underground rallways, which carry 35,000 passengers a day. Twenty-five miles more road are under consideration.



The difficulty of English for strangers does not lie in its orthography,

English and Americans can read and

He Staid Outside. Tramp (outside the gate)-Madam, may I ask does your dog bite? Mrs. Jaye (in the garden)-Yes, he does; and please don't come in. We

er.



Lydia E. Pinkham's Vegetable Compound Cured Her.

Willimantic, Conn. — "For five years suffered untold agony from female oubles, causing backache, irregularidizziness and nervous prostra-

on. It was impossible for me to walk upstairs without stopping on the way on the way. I tried three differ-ent doctors and each told me something different, I received no benefit from any of them, but seemed to suffer more. The last doctor said nothing would restore my health. I began

OPENING OF THE STANDING ROCK AND CHEYENNE RIVER aking Lydia E. Pinkham's Vegetable ompound to see what it would do, nd I am restored to my natural callh."-Mrs. ETTA DONOVAN, BOX The opening of the Standing Rock and Cheyenne River Indian Reserva-199, Willimantic, Conn.

> The success of Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, is unparalleled. It may be used with perfect confidence by women who suffer from displacements, inflammation, ulceration, fibroid tumors, ir-regularities, periodic pains, backache, bearing-down feeling, flatulency, indigestion, dizziness, or nervous prostration.

> For thirty years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for female ills, and suffering women owe it to themselves to at least give this medicine a trial. Proof is abundant that it has cured thousands of others, and why should i not cure you?



You Indoor People

must give the bowels help. Your choice must lie between harsh physic and candy Cascarets. Harshness makes the bowels callous, so you need increasing doses. Cascarets do just as much, but in a gentle way. Vest-pocket box, 10 cents-at drug-stores. 851 Each tablat of the genuine is marked C C C.

S. C. N. U. - No. 37-1909.



The Brooklyn Suffrage Association stand a word of the spoken language; ecently celebrated its fortieth anni- as, of course, vice versa, a great many versary

Mrs. Helen Woods Miller left \$20,000

Mary Chilton was not the first per-

tire block in the heart of the city

Cause of Crowded Teeth.

his jaw could conveniently hold, it

used to be the theory of dentists to

our jaws contracted because we do

not exercise these parts sufficiently

during the weaning process. In sup-

port of this statement, they point out

practically never irregular, never

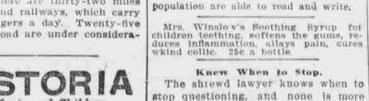
A Drying Hint.

to Brown University to be used in its

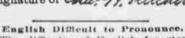
Italy gives dowries to poor girls. In Sicily alone there are 634 societies for understand, or make themselves unthis purpose, with an endowment of derstood; the other Anguages are oh, you're anything but an impressive

el, pulling the entire skin off. We took her to a doctor. He tended her a week

scald had been. Her skin is just like



cago.



but in its pronunciation. Abroad, people will constantly say that they can read and write English readily while the 'but' that he was going to tell me no one had ever attempted to bribe unable to utter a word or to under-

him.' write French long before they can

people 160 acres of fertile farming lands for a small sum per acre. Aberdeen, South Dakota, on the CHICAGO, MILWAUKER & ST. PAUL South Dakota, on the CHICAGO, MIL

INDIAN RESERVATIONS.

WAUKEE & PUGET SOUND RAILWAY, are points of registration. You can register any day from Oct. 4 to 23. The drawing will take place at Aberdeen

This land opening will also give you it was wonderful how it healed. In a splendid opportunity to see the counabout five weeks it was better and try via the new line to the Pacific

General Passenger Agent Chicago, Mil-

waukee and St. Paul Railway, Chi-

Only 35 per cent of Spain's 20,000,009

shrewd than the one who, conducting

a case of bribery, questioned a man

he other day, who is rated high in

"Have you yourself ever refused a

At a latter time he was asked why

"Because," he replied, "I knew by

ire very particular about what we

feed him on!-San Francisco Examin-

ie had dismissed the witness so soon.

"That is all," said the lawyer.

he business world.

bribe?" he asked.

"No. but-

pant person. "It's always a sweet refief to me to discover in the morning that I forgot to wind the alarm clock." -Washington Star.

DON'T DESPAIR.

PS:KI+ Read the Experience of a Minnesota Woman and Take Heart. If your back aches and you feel sick. languid, weak and miserable day after

day-don't worry. Doan's Kidney Pills have cured thousands of women in the same condition.

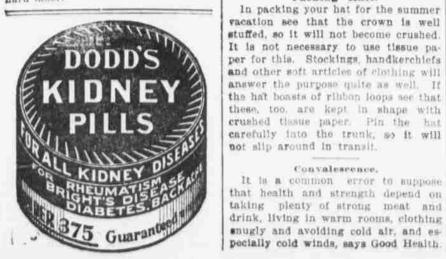
Mrs. A. Heiman of Stillwater, Minn. says: "But for Doan's Kidney Pills I would not be living now. They cured me in 1899 and I've been well since. I used to have such pain in

my back and once I fainted. The kidney secretions were much disordered and I was so far gone that I was thought to be at death's door. Since Doan's Kidney Pills cured me 1 feel as if I had been pulled back from the tomb.

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

English Pauper's Ingenuity. How a pauper obtained wool to knit socks and mittens, which he sold to enable him to buy tobacco, was described to the West Ham magistrates recently, the London Chronicle says. The pauper was Thomas Ledgett, aged 49, an inmate of the Stratford branch of the Poplar Union, and he was charged with damaging a number of blankets, the property of the guardians.

The master of the workhouse found that the wool binding the edges of blankets was being removed, and that in five days no fewer than 345 blankets were so damaged. A search falled to discover who was taking the wool, but when Ledgett was removed nostrils, owing to the deposit of some to the farm colony at Laindon it came | irritant or foreign matter, and that to the knowledge of the master that | the blast of air is thrown out through he had been seen knitting with pink wool. Friday the master went to and mouth. Why do we sigh? When Laindon, and on searching the prisoner's hed he found a bag filled with to hold the breath. This means that balls of pint work, evidently stripped | the body suffers for oxygen; and the from the blankets, and three socks knitted with plak wool. Ledgett, who obtains for itself the necessary amount denied that he had stripped 345 blankets, was senienced to two months' hard labor.





The boy's suit made after this model

is certain to win his own approval. It

is masculine in effect, it allows him

tent and is quite easy to put on and

possesses all these advantages, it is

becoming and attractive to the looker

on, and it can be made from a great

Sneese and Sigh.

grieved or depressed the tendency is

long, deep breath which we call a sigh

Packing Hats.

Convalescence.

It is a common error to suppose

that health and strength depend on

many different materials.

and your diaphragm sort of falls on your stomach and your stomach gets irritated and creates poisonous gases. "Then your heart feels as if it were giving out, and you say: 'Oh, I don't know what's the matter; I can't climb these stairs-I must have heart disease.' Heart! Legs are to climb stairs accomplished more than The Hague for a German speaking French -- Prof. with, and poor misguided women think | conference. they've got to pull themselves up with their hearts. "Stop playing dirges inside your- department of comparative anatomy. selves. Tuck your abdomens back into The rest of her estate is to go to the the right places; don't worry and Woman's College, Baltimore. you'll be all right."

Say Something Good. Pick out the folks you like the least, and watch them for a while; They never waste a kindly word, they never waste a smile,

They criticise their fellowmen at every chance they get; They never found a human just to suit who founded the Rose Polytechnic at their fancy yet.

From them I guess you'd learn some things, if they were pointed out-

for the use of the school. Some things that every one of us should know a lot about. When a man had more teeth than

When someone "knocks" a brother, pass around the loving cup-Say something good about him, if you have to make it up. -H. Fontaine Little.

explain that he had inherited the large teeth of one parent and the To Make Curtains Hang Straight, small jaw of the other. Recently Curtains, especially those reaching some good observers, notably Dr. Sim the sill only, are often difficult to Wallace and Dr. Harry Campbell of to run and to race to his heart's con- make fall into graceful folds. There England, stated that the trouble is not is often too much fullness in one place hereditary; that it had its beginning to take off. At the same time that it and too little in another, despite the in each person's babyhood, and that many efforts to improve their condiour teeth are poor and irregular and

tion. This can be remedied by laying the curtain, when ready to be hung, along the ironing board evenly. It should then be doubled and very lightly pressed with a cool iron. Fold again

A sneeze is exactly like a cough. and press and continue folding until save that the obstruction occurs in the it measures only about four inches. Place on the rod, and the curtain will hang gracefully. The iron should not the nose instead of through the throat be so hot as to form deep creases.

For the Business Girl. A clean blotter on the desk. A fresh ribbon on the machine. Well kept finger nalls. A note book to jot down important

Loyalty to your firm. A cheery "Good morning." A little consideration for the feel-

miting by drinking freely of warm bag, the string drawn up so they and So, I'd be president." water and putting the finger in the would not blow out and the bag pinthroat or some emetic. Then take a ned to the line by the tapes, for the full injection of some warm water into sun and air to fliter through the open and the buildings, but you would not

off. If there is pain in the abdomen or bowels, apply hot cloths, frequently

an important step and then-do as

drink, living in warm rooms, clothing woman reporter on a country paper.

The woman with a hunted look is

To Mr. Man.

just as difficult for them to pro as English is for others. The only If Japanese parents do not find matdifference is that English stands alone rimonial companinos for their sons with its system or lack of system, of and daughters, both parents and chilpronunciation. When a Frenchman dren are looked upon as disgraced. knows how to write German, he is at The Rev. Dr. Anna Shaw declares the same time able to speak the lanthat this year's congress of Interna- guage, if not beautifully, at least so

> Albert Schinz, in the North American Review. Choose Your Words.

> A lady who was very plain-looking called on a friend.

This friend's little girl came into the room and her mother introduced

son to land from the Mayflower at her. Plymouth, according to investigations "But, mamma, isn't she awfully by Samuel Arthur Dent, which have homely," said the "young hopeful." been recorded in the proceedings of "Why, Laura, you mustn't say such the Bostonian Society. things; it isn't polite."

Mrs. Susan Frances Hemenway, who "I meant it only as a loke." "But, dear, how much more of a

was one of the chief heirs of Mr. Rose, joke it would have been if you had said 'how pretty she is.'"-Success Terre Haute, in her turn left about \$500,000 to the institution and an en-Magazine.

> Ask Your Druggist For Allen's Foot-Ease. "I tried ALLEN'S FOOT-EASE recent ly, 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.

Prussia is introducing special cars fo dog travelers.

Worth Its Weight in Gold. It's PETTIT'S EYE SALVE, strengthens eyes of the old, tonic for eye strain. weak and watery eyes. All druggists or Howard Bros., Buffalo, N. Y.

Not more than 3,000 stars are visible to the naked eye.

IN THE SUMMER BEASON

port of this statement, they point out the fact that the first set of teeth is source underse mould have on hand fain universe mould have on hand fain universe mould have on how better.

His Forte.

overlaps and is very seldom defec-One of the characteristics of H. H. Rogers was his love of a joke, even at his own expense. The kumor lost Every washwoman knows the nuis- nothing by that in Mr. Rogers' opinance of hanging out a large family's ion. This was one of his favorite

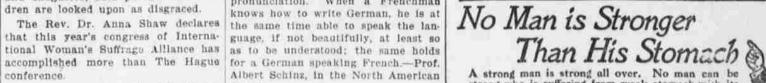
ies and other small articles. To pin He, William C. Whitney and sevthem to the line takes time and pa- eral other friends were discussing the tience. One old colored woman has succession to the presidency of Yale, hit on a plan of drying that saves her then vacant before the election of many minutes. She had her mistress Prof. Hadley, who then held the chair make her a long shallow bag of strong of economics. Another professor, white mosquito netting, with a draw longer at the university than Dr. Hadstring at the top and tapes sewed at ley, was a candidate, and his chances the corners and at intervals of 3 or 4 of winning the honor were under disinches between. When the small cussion.

articles were ready for hanging on the line they were laid carefully in the been as long around Yale as Prof. So "No, Henry," retorted Mr. Whitney,

"you would probably own the ground be president."

Mr. Rogers always told that story with a chuckle. "You can print that some time." he

an who loves you most before taking said to a Detroit Free Press man.



strong who is suffering from weak stomach with its consequent indigestion, or from some other disease of the stomach and its associated organs, which impairs digestion and nutrition. For when the stomach is weak or diseased there is a loss of the nutrition contained in food, which is the source of all physical strength. When a man "doesn't feel just right," when he doesn't sleep well, has an uncomfortable



feeling in the stomach after eating, is languid, nervous, irritable and despondent, he is losing the nutrition needed to make strength.

Such a man should use Dr. Pierce's Golden Medical Discovery. It cures diseases of the stomach and other organs of digestion and nutrition. It enriches the blood, invigorates the liver, strengthens the kidneys, nourishes the nerves, and so GIVES HEALTH AND STRENGTH TO THE WHOLE BODY.

You can't afford to accept a secret nostrum as a substitute for this nonalcoholic medicine of known composition, not even though the urgent dealer may thereby make a little bigger profit. Ingredients printed on wrapper.

FREE TO YOU-MY SISTER Free to You and Every Sister Sul-

A am a woman. I am a woman. I now woman's sufferings. I have found the cure. I will mail, free of any charge, my home treat. ment with full instructions to any sufferer from woman's allments. I want to tell all women about this cure-you, my reader, for yoursell, your daughter your mother, or your sister. I want to tell you how to cure yourselves at home without the halp of a doctor. Men gannot understand women's suffering, What we women know from experience, we know better than any doctor. I know that my home treat-ment is a sale and sure cure for Leucerrhose a Whitish Discharges. Ulcerration, Displacement of Forlids, Uterine or Ovarian Tumors of Forwiths; also pains in the head, back and bowels, bearing down feelings, merveusness, present to our sex. Tent to our sex.

jeculiar to our sex. I want to send you a complete ten days' treat. ment entirely free to prove to you that you can core yourself at home, easily, quickly and suraly. Re-member, that it will cost you nothing to give the

your self at norms, easily, ducky find miner. member, that it will cost you nothing to give the member, that it will cost you nothing to give the member, that it will cost you nothing to give the work, or less than 2 cents a day. It will not interfere with your work or occupation. Just send me your name and address, tell me how you suffer if you wish, and I will send you the treatment for you case, entirely free, in plain wrapper, by return mail. I will also send you. Free of Gest, mp book "WOMAN'S OWN MEDICAL ADVISER" with explanatory illustrations showing why women suffer, and how they can easily cure themselves at home. Every woman should have it, and leare le think for herself. Then when the doctor says—"You must have an operation." you can decide for yourself. Thom sands of women have cured themselves with my home remety. It cures all, old or young. To Mothers of Daughters I will explain a simple home treatment which speedly and effectually cures Leacorrhoes, Green Sichness and Paintol or Irregular Menstruation in Young Lades. Plumpness and health always results from its use. Wherever you live, I can refer you to the give of your own in suffy who know and will stadiy tell any sufferer that this Mome Treatment really cures all women's diseases, and makes women well, strong, plump and robust. Just send me your address, and the free ten days' treatment is yourn also the book. Write today, as you may not see this offer again. Address MRS. M. SUMMERS. Box 1. • • Noire Dame, Ind., U. S. A.

MRS. M. SUMMERS. Box 1. . . Notre Dame, Ind., U. S. A.



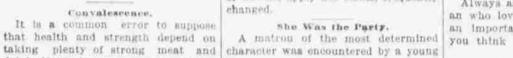
For DISTEMPER Pink Eye, Epizootie, Shipping Fover and Catarrhal Pover

Sure cure and positive preventive, no matter how horses at any age are cted or "explued." Liquid, given an the tongue, acts on the Blood and ads; expete the poisonous germs from the body. Cures Distamper la s and Sheep and Cholera in Poulity. Largest seeling live stock remedy, es La Grippe among human beings and is a fine Kidney remedy. 50c and botte; 55 and 510 a dozen. Cut it is out, Keep it. Show to your drug, who will get it for you. Free Booklet. "Distemper, Causes and Cures." cial agents wanted.

Spohn Medical Co. Insteriologist. Goshen, Ind., U.S.A.







She Was the Party. A matrou of the most determined

memoranda. of oxygen .- Popular Science Siftings. Silence when you feel like tattling. In packing your hat for the summer vacation see that the crown is well stuffed, so it will not become crushed. ings of others.

changed.

Ptomaine Poisoning.

It is not necessary to use tissue paper for this. Stockings, handkerchiefs The first thing to do is to cause voand other soft articles of clothing will answer the purpose quite as well. If the hat boasts of ribbon loops see that

the bowels and drink freely of olive meshes of the net.

Always ask the advice of the wom-

you think best

In the Hunt Class. snugly and avoiding cold air, and es who was sent out to interview leading pecially cold winds, says Good Health. citizens as to their politics. "May I usually hunting a mirror.

handkershlefs, collars, finger bowl doil- stories:

tive.