

CONSTIPATION RELIEVED

MUNYON'S PAW-PAW PILLS

PRICE 25 Cts.

Mailed postpaid on receipt of price

You can't have a beautiful complexion if your blood is impure or if you suffer with indigestion or any stomach or liver ailment.

Munyon's Paw-Paw Pills regulate the bowels, correct indigestion, constipation, biliousness, torpid livers, jaundice, sallow and dull complexions. They purify the blood and clear the skin of pimples, sores and most eruptions.

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.
52d and Jefferson Sts., Phila., Pa.

Ways of Women

NEW FALL HATS.



VELVET AND LACE, VELVET AND STRAW AND VELVET ALONE.

BLINDNESS NO HANDICAP.

Sightless Explorer Goes Around the World Without Attendant.

The recent refusal of a railway booking clerk to issue a ticket to a blind man who was unaccompanied by a guide would have sounded rather ridiculous to James Holman, the famous "blind traveler."

Although absolutely sightless, this remarkable man visited, very early in the last century, almost every place of note in the world, and throughout his wanderings he was quite unaided. Yet he never met with any serious mishap, says Pearson's Weekly.

His energy and adaptability were marvelous. He scaled lofty mountains, forded broad and rapid streams and crossed in safety sandy deserts that taxed to the utmost the powers of normally constituted individuals.

Naturally he met with many adventures, 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 wilds of Eastern Siberia, driving his own sleigh, which he picked out each morning from a number of others and harnessed himself. This was reported to the Russian governor, who 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 curiosity of the dusky beauties of the harem, who were glad to be able to see and converse with an educated white man, 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 Sheppard, 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.

Fireless Cooking.

In fireless cooking there are certain things to be remembered by the inexperienced cook. One is that if a dish is left indefinitely in the cooker it will sour. Soups, stews, vegetables and such things must be removed after 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 require before beginning to use the cooker.

Generally speaking, all indigestible things take longer than the rest; oatmeal, beef steak, corned beef and beans need more time than steamed puddings, rice and chicken. A third thing to remember is this: Everything that takes a very long time to cook is improved and the process hastened if, when the time is half up and the food cooled, the pall is removed and reheated without opening it, and put back again.

In all cooking also you must be careful not to uncover the pall with the food in it before putting it in the box. It must be kept tightly covered from the time it is put on the fire or the steam will escape and the meat 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 stomach.

Cranberry poultice is recommended for erysipelas.

Daily exercise with tight dumb bells eventually cures round shoulders.

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.

To cure a sting of bee or wasp, mix common earth with water and apply at once.

When a cut will not heal, saturate a piece of absorbent cotton with coal oil and bind on.

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

If you wish to scent the false pompadour, lay it on the rose jar 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 complexion and may be used daily, washing with it, letting it dry on, and then rinsing in warm but not hot water.

Bliss in Disguise.

"Sometimes our disappointments come to be recognized as blessings," said the ready made philosopher.

"That's a fact," answered the flip-pant person. "It's always a sweet relief to me to discover in the morning that I forgot to wind the alarm clock."

—Washington Star.

Boy's Suit.



The boy's suit made after this model is certain to win his own approval. It is masculine in effect. It allows him to run and to race to his heart's content and is quite easy to put on and to take off. At the same time that it possesses all these advantages, it is becoming and attractive to the looker on, and it can be made from a great many different materials.

A sneeze is exactly like a cough, save that the obstruction occurs in the nostrils, owing to the deposit of some irritant or foreign matter, and that the blast of air is thrown out through the nose instead of through the throat and mouth. Why do we sneeze? When irritated or depressed the tendency is to hold the breath. This means that the body suffers for oxygen; and the long, deep breath which we call a sneeze obtains for itself the necessary amount of oxygen.—Popular Science Siftings.

Packing Hats.

In packing your hat for the summer vacation see that the crown is well stuffed, so it will not become crushed. It is not necessary to use tissue paper for this. Stockings, handkerchiefs and other soft articles of clothing will answer the purpose quite as well. If the hat boasts of ribbon loops see that these, too, are kept in shape with crushed tissue paper. Pin the hat carefully into the trunk, so it will not slip around in transit.

Convalescence.

It is a common error to suppose that health and strength depend on taking plenty of strong meat and drink, living in warm rooms, clothing snugly and avoiding cold air, and especially cold winds, says Good Health.

Freezing the Invalid's Mind.

Freezing the invalid's mind free from whooping who opened the door at one house. "No, you can't," answered the matron, decisively. "But I want to know what party he belongs to," pleaded the girl. The woman drew up her tall figure. "Well, take a good look at me," she said. "I'm the party he belongs to."—Universalist Leader.

Preventing Indigestion.

"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 stomach droops till you can't lift the corners of it. Your chin gets big—oh, you're anything but an impressive picture then! But worse comes. Your stomach slumps and colls up on itself, 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 with, and poor misguided women think they've got to pull themselves up with their hearts."

Stop playing dirges inside yourselves.

Tuck your abdomens back into the right places; don't worry and 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 criticize their fellowmen at every chance they get; they never found a human just to suit their fancy yet. From them I guess you'd learn some things, if they were pointed out—

Some things that every one of us should know a lot about.

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.

To Make Curtains Hang Straight.

Curtains, especially those reaching the sill only, are often difficult to make fall into graceful folds. There is often too much fullness in one place and too little in another, despite the many efforts to improve their condition.

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 and press and continue folding until it measures only about four inches. Place on the rod, and the curtain will hang gracefully. The iron should not 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 nails. A note book to jot down important memoranda. Silence when you feel like tattling. Loyalty to your firm. A cheery "Good morning." A little consideration for the feelings of others.

Promote Politeness.

The first thing to do is to cause vomiting by drinking freely of warm water and putting the finger in the throat or some emetic. Then take a full injection of some warm water into the bowels and drink freely of olive oil. If there is pain in the abdomen or bowels, apply hot cloths, frequently changed.

She Wax the Party.

A matron of the most determined character was encountered by a young woman reporter on a country paper, who was sent out to interview leading citizens as to their politics. "May I

see Mr. —?" she asked of a stern-looking woman who opened the door at one house. "No, you can't," answered the matron, decisively. "But I want to know what party he belongs to," pleaded the girl. The woman drew up her tall figure. "Well, take a good look at me," she said. "I'm the party he belongs to."—Universalist Leader.

English Difficult to Pronounce.

The difficulty of English for strangers does not lie in its orthography, but in its pronunciation. Abroad, people will constantly say that they can read and write English readily while unable to utter a word or to understand a word of the spoken language; as, of course, vice versa, a great many English and Americans can read and write French long before they can understand, or make themselves understood; the other languages are just as difficult for them to pronounce as English is for others. The only difference is that English stands alone with its system or lack of system, of pronunciation. When a Frenchman knows how to write German, he is at the same time able to speak the language, if not beautifully, at least so as to be understood; the same holds for a German speaking French.—Prof. 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 her.

"But, mamma, isn't she awfully homely," said the "young hopeful."

"Why, Laura, you mustn't say such things; it isn't polite."

"I meant it only as a joke."

"But, dear, how much more of a joke it would have been if you had said 'how pretty she is.'—Success Magazine.

Ak Your Drogist 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.

Prussia is introducing special cars for 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 SEASON

children overfeeding in eating fruit with stomach pain as a consequence, mothers should use on hand Fainbiller's Cherry Laxative, 50c. and 25c. bottles.

His Fortes.

One of the characteristics of H. H. Rogers was his love of a joke, even at his own expense. The humor lost nothing by that in Mr. Rogers' opinion. This was one of his favorite stories:

He, William C. Whitney and several other friends were discussing the succession to the presidency of Yale, then vacant before the election of Prof. Hadley, who then held the chair of economics. Another professor, longer at the university than Dr. Hadley, was a candidate, and his chances of winning the honor were under discussion.

"Well," said Mr. Rogers, "if I had been as long around Yale as Prof. So and So, I'd be president."

"No, Henry," retorted Mr. Whitney, "you would probably own the ground and the buildings, but you would not be president."

Mr. Rogers always told that story with a chuckle.

"You can print that some time," he said to a Detroit Free Press man.

To Mr. Man.

Always ask the advice of the woman who loves you most before taking an important step and then—do as you think best.

In the Hunt Class.

The woman with a hunted look is usually hunting a mirror.

Value Painted On.

Well painted is value added whether the house be built for one thousand dollars or ten thousand. Well painted means higher selling value, and higher occupying value—for there's an additional pleasure in living in the house that is well dressed.

National Lead Company has made it possible for every building owner to be absolutely sure of pure white lead paint before applying. They do this by putting upon every package of their white lead their Dutch Boy Painter Trademark. That trademark is a complete guarantee.

National Lead Company assist in making the right use of the right paint by sending free upon request to all who ask for it, their "Houseowners' Painting Outfit No. 49." This outfit includes a book of color schemes for either exterior or interior painting, a book of specifications and an instrument for detecting adulteration in paint materials. Address National Lead Company, 1902 Trinity Building, New York City, and the outfit will be promptly sent to you.

The use of wind motors as generators of electric power is greatly on the increase in Denmark.

BABY HORRIBLY BURNED

By Boiling Grease—Skin All Came Off One Side of Face and Head—Used Cuticura—No Scar Left.

"My baby was sitting beside the 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 towel, pulling the entire skin off. We took her to a doctor. He tended her a week and gave me some stuff to put on. But it all festered and I thought the baby was disgraced for life. I used about three boxes of Cuticura Ointment and it was wonderful how it healed. In about five weeks it was better and there wasn't a mark to tell where the scald had been. Her skin is just like 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 thirty-two miles of underground railways, which carry 35,000 passengers a day. Twenty-five miles more road are under consideration.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *Wm. D. Druggist*

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Making Americans.

Outside the big public school 147, on Henry and Gouverneur streets, the other day, several thousand alien mothers stormed the gates and scolded the police and shrieked for their children. It was an hour of hysteria.

Inside the building the children were marshaled to their classrooms, where the habit of order asserted itself. Sixty boys, constituting the police force of No. 147, took the situation in hand, some of them guarding the yard from intrusion, while others sallied through the gates to reassure the hysterical women. Within ten minutes the disorder was over. Eventually such mothers as insisted that the others had gone away were taken to various rooms to see their children at work.

Nowhere else in the United States is an event possible just like this at No. 147. The shrieking mothers outside the school, the quiet children in the classrooms, the steady-voiced monitors at their appointed work of restoring peace and order—these went in their several ways to form the most striking spectacle possible in these days of a new American in the making.—New York World.

OPENING OF THE STANDING ROCK AND CHEYENNE RIVER INDIAN RESERVATIONS.

The opening of the Standing Rock and Cheyenne River Indian Reservations in South Dakota and North Dakota in October will give thousands of people 160 acres of fertile farming lands for a small sum per acre.

Aberdeen, South Dakota, and the CHICAGO, MILWAUKEE & ST. PAUL RAILWAY, and Moberly and Lemmon, South Dakota, and the CHICAGO, MILWAUKEE & ST. PAUL RAILWAY, are points of registration. You can register any day from Oct. 4 to 23. The drawing will take place at Aberdeen on October 26.

This land opening will also give you a splendid opportunity to see the country via the new line to the Pacific Coast.

Descriptive folder free.

F. A. MILLER, General Passenger Agent Chicago, Milwaukee and St. Paul Railway, Chicago.

Only 35 per cent of Spain's 20,000,000 population are able to read and write.

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

Knew When to Stop.

The shrewd lawyer knows when to stop questioning, and none is more shrewd than the one who, conducting a case of bribery, questioned a man the other day, who is rated high in the business world.

"Have you yourself ever refused a bribe?" he asked.

"No, but—"

"That is all," said the lawyer.

At a latter time he was asked why he had dismissed the witness so soon.

"Because," he replied, "I knew by the 'but' that he was going to tell me no one had ever attempted to bribe him."

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 are very particular about what we feed him on!—San Francisco Examiner.

No Man is Stronger Than His Stomach

A strong man is strong all over. No man can be 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 non-alcoholic 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 Suffering from Woman's Ailments.

I am a woman. I have women's sufferings. I have found the cure. I will mail free of any charge, my home treatment with full instructions, to any suffering woman's ailments. I want to tell all women about this cure—your name, your address, tell me how you suffer. I want to tell you how to cure yourselves at home without the help of a doctor. Men cannot understand women's sufferings. What we women know from experience, we know better than any doctor. I know that my home treatment is a safe and sure cure for such diseases as White Discharges, Ulceration, Displacement or Falling of the Uterus, Profuse, Scanty or Painful Periods, Uterine or Ovarian Inflammation, or Growth; also pains in the head, neck and bowels; bearing down feelings, nervousness, creeping feeling up the spine, melancholy, desire to cry, hot flashes, weariness, kidney and bladder troubles, where caused by weakness peculiar to our sex.

I want to send you a complete ten days' cure, entirely free to prove to you that you can cure yourself at home, easily, quickly and surely. Remember that it will cost you nothing to give the treatment a complete trial and if you should wish to continue, it will cost you only about 12 cents a week, 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. I will send you free of cost my book—"WOMAN'S OWN MEDICAL ADVICE" with explanatory illustrations showing why women suffer, and how they can easily cure themselves at home. Every woman should have it and learn to think for herself. Then when the doctor says—"You must have an operation," you can decide for yourself. Thousands of women have cured themselves with my home remedy. It cures old, old or young. To Mothers of Daughters I will explain a simple home treatment which speedily and effectually cures Leucorrhoea, Green Discharge and Painful or Irregular Menstruation in Young Ladies. Pleasures and health always result from its use.

Wherever you live, I can refer you to ladies of your own locality who know and will gladly tell you whether this home treatment really cures all women's diseases, and makes women well, strong, plump and robust. Just send me your address, and I'll free ten days' cure. It costs you nothing. Write today, as you may not see this offer again. Address

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

For DISTEMPER

Pink Eye, Epitrochle, Shipping Fever and Catarrhal Fever

Sure cure and positive preventive, no matter how horses at any age are infected with distemper. Liquid, given on the tongue, acts on the blood and Glands; expels the poisonous germs from the body. Cures Distemper in Dogs and Sheep and Cholera in Poultry. Largest selling liquid remedy. Cures La Grippe among human beings. Largest selling remedy. 50c and \$1 a bottle; 25 and 50 a dozen. Cut this out. Keep it. Show to your druggist, who will get it for you. Free Booklet, "Distemper, Causes and Cures." Special agents wanted.

Spoohn Medical Co., Chemists and Goshen, Ind., U. S. A.

HAMLINS' WIZARD OIL

GREAT FOR PAIN

(THE OIL THAT PENETRATES)

PUTNAM FADELESS DYES

Color never fades brighter and faster colors than any other dye. Dye 1 lb. package colors all fabrics. They dye in cold water better than any other dye. You can dye any garment without ripping apart. Write for free booklet—Dye, Black and Mix Colors.

AFTER DOCTORS FAILED

Lydia E. Pinkham's Vegetable Compound Cured Her.

Willimantic, Conn.—"For five years I suffered untold agony from female troubles, causing backache, irregularities, dizziness and nervous prostration. It was impossible for me to walk upstairs without stopping on the way. I tried three different doctors and each told me something different. I received no benefit from any of them. But I needed to suffer more. The latest doctor said nothing would restore my health. I began taking Lydia E. Pinkham's Vegetable Compound to see what it would do, and I am restored to my natural health."—Mrs. ETTA DONOVAN, Box 200, 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, irregularities, 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 troubles, 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 it not cure you?

This Trade-mark Eliminates All Uncertainty in the purchase of paint materials. It is an absolute guarantee of purity and quality. For your own protection, see that it is on the side of each keg of white lead you buy.

NATIONAL LEAD COMPANY
1902 Trinity Building, New York

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.

Just-put box, 10 cents—at drug stores. Each tablet of the genuine is marked C. C. C.

S. C. N. U. - No. 37—1909.

DODD'S KIDNEY PILLS

FOR ALL KIDNEY DISEASE

FOR RHEUMATISM, BRUISES, DIABETES, BACKACHE

75 Guaranteed