

A PRETTY MILKMAID

Thinks Peruna is a Wonderful Medicine.



MISS ANNIE HENDREN.

MISS ANNIE HENDREN, Rocklyn, Wash., writes:
"I feel better than I have for over four years. I have taken several bottles of Peruna and one bottle of Mannalin. I can now do all of my work in the house, milk the cows, take care of the milk, and so forth. I think Peruna is a most wonderful medicine."
"I believe I would be in bed to-day if I had not written to you for advice. I had taken all kinds of medicine, but none did me any good."
"Peruna has made me a well and happy girl. I can never say too much for Peruna."
"Not only women of rank and leisure praise Peruna, but the wholesome, useful women engaged in honest toil would not be without Dr. Hartman's world renowned remedy."
"The Doctor has prescribed it for many thousands women every year and he never fails to receive a multitude of letters like the above, thanking him for his advice, and especially for the wonderful benefits received from Peruna."

SOME BEDROOM DON'TS.

Don't lie in the same position all night if you can help it.
Don't cover your head with the bedclothes. Have your covers warm but light.
Don't go to bed hungry. Eat any light simple food that you wish if it agrees with you.
Don't sleep in a room that is too cold. From 55 to 60 degrees is the right temperature.
Don't go to bed with cold feet, but see to it that they are warm and comfortable before you get in bed.
Don't fill your bedroom with bric-a-brac and draperies, but have as little as possible in it to catch the dust.
Don't put your pillows in the sun, as it draws the oil out of the feathers. Sun the bed and bedding, but place the pillows out of the sunlight in a current of air.
A Balloon Incline Railroad.
Consul William Bardel writes from Bamberg that Engineer Balderauer, of Salzberg, has invented a balloon railroad, experiments with which are now being made in the mountains in the neighborhood of that German city. It consists of a stationary balloon, which is fastened to a slide running along a single steel rail. The rail is fastened to the side of a steep mountain, which ordinary railroads could not climb, except through deep cuts and tunnels. The balloon is to float about 35 feet over the ground, and a heavy steel cable connects it with the rail. The conductor can, at will, make the balloon slide up and down the side of the mountain. For going up the motive power is furnished by hydrogen gas, while the descent is caused by pressure of water, which is poured into a large tank at the upper end of the road, and which serves as ballast. Suspended from the balloon is a circular car with room for ten passengers. The cable goes from the bottom of the balloon through the center of the car to a regulator of speed, which is controlled by the conductor. The inventor of this railroad claims that his patent will force all incline cable roads out of existence.

BACK TO PULPIT.

What Food Did for a Clergyman.
A minister of Elizabethtown tells how Grape-Nuts food brought him back to his pulpit: "Some 5 years ago I had an attack of what seemed to be La Grippe which left me in a complete state of collapse and I suffered for some time with nervous prostration. My appetite failed, I lost flesh till I was a mere skeleton. Life was a burden to me. I lost interest in everything and almost in everybody save my precious wife."
"Then on the recommendation of some friends I began to use Grape-Nuts food. At that time I was a miserable skeleton, without appetite and hardly able to walk across the room; had ugly dreams at night, no disposition to entertain or be entertained and began to shun society."
"I finally gave up the regular ministry, indeed I could not collect my thoughts on any subject, and became almost a hermit. After I had been using the Grape-Nuts food for a short time I discovered that I was taking on new life and my appetite began to improve; I began to sleep better and my weight increased steadily. I had lost some 50 pounds, but under the new food regime I have regained almost my former weight and have greatly improved in every way."
"I feel that I owe much to Grape-Nuts and can truly recommend the food to all who require a powerful rebuilding agent, delicious to taste and always welcome."
Name given by Postum Co., Battle Creek, Mich. A true natural road to regain health, or hold it, is by use of a dish of Grape-Nuts and cream morning and night. Or have the food mixed into some of the many delicious dishes given in the little recipe book found in pkgs.
Ten days' trial of Grape-Nuts helps many. "There's a reason."
Look in pkgs. for a copy of the famous little book, "The Road to Wellville."

An Admirer of Shakespeare.

BY R. MURRAY GILCHRIST.

The very mention of Eunice Beaumont's library brought a warm glow to the Grassbrook pride. The village lies amidst the sycamores near Darrand bridge—a remote place where, until within the last few years, education consisted of the three "R's," plain sewing for the girls, and for either sex, the rules of old-fashioned courtesy.

Eunice, however, had natural talents; she loved to widen her outlook, and so, being in straightened means, she made herself mistress of the few books she had inherited from her sire particularly the works of Shakespeare in seven volumes.
She derived a small income from the rent of two cottages near the church; for the rest she did the needlework for such of the well-to-do as were too conservative to use machine-stitched underclothes. The old parson—Parson Swallow—would wear no other shirts than those she made.
On the afternoon when my lady Danman sent the message for her to present herself at Cresswell hall, she was gathering white raspberries in a narrow garden where luscious century-old things rioted.
"Good mornin', Miss Beaumont," said Mrs. Danman's young groom.
"Her ladyship's housekeeper, Mrs. Dunn, she's sent me to inquire if you're free to come down to Cresswell to-morrow? A darning job on an old chair as has been stored in the lumber-room for Lord knows how long. Her ladyship came upon it awhile ago, and wants it in use again. Mrs. Dunn she spoke of you, and here I am to ask it is convenient."
The old woman flushed with pleasure; never before had such an interesting piece of work fallen to her lot. "Tis vastly good of Mrs. Dunn," she said, "and of her ladyship, too, for that matter. Ay, I'll be glad indeed to come."
The next morning she was shawled and bonneted by nine; but the young man did not appear until 11; and the stable clock at Cresswell hall was striking 12 when she alighted from the coach. She had never visited the place before save on the rare occasions when it was thrown open to the public; now that she was about to occupy herself beneath its roof, the magnificence seemed to increase tenfold.
An elderly woman, portly and dignified, came out into the courtyard. She wore a black silk gown, and a white muslin apron with a crimped border. Eunice curtsied; the other did the same, then offered a friendly hand.
"I'm glad you could come so promptly," she said.

After many timorous questions concerning etiquette, the old maid went upstairs to a small boudoir, where Lady Danman, a tall and handsome woman of middle age, sat in the window recess writing letters. She nodded kindly, then sealed her envelopes with faint-hued wax, and after



"TO THINK OF IT!" SHE SAID.
Dismissing Mrs. Dunn preceded Eunice along a gallery and up several staircases to a great attic lighted with semicircular windows.
"This is the room," said the lady, "and here is the chair." She removed the chintz cover. "The needlework, as you see, is frayed, particularly on the arms. I want you to restore it. It was, I have found, given to Lord Danman's ancestor by Queen Elizabeth herself. By the merest chance I came upon a mention of it in an old housekeeping book."
As she reached the doorway, a shrill cry of something not unlike terror made her turn. "My lady! my lady! I most humbly ask your pardon, but—"
"You are afraid of being alone?" said Lady Danman. "One of the young maids shall sit with you."
"Tis not that," said Eunice, in a low voice. "I was but taken aback seeing a gentleman looking at me from between the cloaks!"
Her ladyship laughed merrily. "My good soul," she said. "It is but a bust of Shakespeare—a copy of the one in Stratford church. Ah, I see it does look real, with the light falling on its painted cheeks and the old curtain hanging from the bracket."
Eunice's hands were tightly clasped. "I ask your pardon again, my lady," she said; "but—did you say Shakespeare—the great Shakespeare of the Plays?"
"The very Shakespeare," said Lady Danman. "The immortal bard. And now I really must go. You will be in excellent company."
She retired, leaving the spinster and the bust in a silence as profound as that of an empty church. For a time Eunice resolutely attended to the matching of her silks; but at last a reverent curiosity forced her to approach the presentment of the genius. Dust lay thick upon brow and nose; she took a folded cloth from her apron pocket, and with trembling fingers carefully wiped all away. The coloring now became vivid; she could have sworn that the bland face grew kinder because of her touch.
"To think of it!" she said with bated breath. "To think as I should be alone with him!"
The clock struck somewhere in the distance. She was too conscientious to spend time in adoration that should be spent at work, so she filled her needle and knelt beside the chair, steadfastly striving to forget the wonderful strangeness of her surroundings. The exquisite darning appeared to her; she put into it all her skill. It was slow, however; and when Lady Danman came up again about five o'clock, only one-half was done.
"You are doing it beautifully," said the lady. "Now, be off to Mrs. Dunn's parlor—you've done quite enough for one day."
The spinster deliberately replaced her needle in a huswife of pale green silk embroidered with purple and rose-colored flowers. She turned toward the bust, her eyes filled with an odd wistfulness.
"My lady," she said, "I feel in my heart that you are kind—that you will not believe that I ask for the mere sake of folly."
"Ask anything you please; I'll answer if I can."
"About the head—do you believe that Shakespeare was really like that? I'd be glad to know—to know would save me from much pondering."
Lady Danman assumed her wisest look. "Most authorities agree; yes, I believe it."
"I thank your ladyship most earnestly. I cannot describe the gratification I have felt in being so near—working almost as it were under his supervision—in winning his approval. And it seemed to me as if the distance betwixt him and me were not so great, after all."
Lady Danman withdrew in a maze of thought. "Good Heavens!" she said. "The creature's either mad or a genius! What a remarkable thing—a woman of her order knowing anything of Shakespeare!"
At home the old maid moved in a dream of delight. Her cottage that evening was transformed into a romantic grange, her garden into Juliet's garden, into the Temple garden, into Sweet Anne Page's garden.
In the morning she rose early, set her house in order, and after breakfast went to a clough where Grass of Parnassus grew in a marsh with Ragged Robin and Water Speedwell and tall bullrushes. The first flower had tempted her; Grass of Parnassus must surely be the finest to place before the effigy of her genius. It grew sparsely, two hours passed before she found more than a little posy. Then her skirts were dragged, her feet wet, her wrinkled cheeks gleaming with the heat. But she felt no weariness now; in her veins flowed the blood of immortal youth.
The groom found her curiously silent during the long drive; in fact more than once she failed to reply to his observations upon the weather.
At Cresswell hall, after her dinner with good Mrs. Dunn, she placed her tribute on a little table before the painted bust, and set to work immediately. The darning became poetry; the chair was sacred as having been in existence in the days when Shakespeare lived.
Lady Danman came up again in the afternoon, and stood for awhile in the doorway, the old maid kneeling beside the great chair, diligently plying the bright needle. So engrossed was Eunice in her work that her ladyship moved to her side before she was aware of her presence.
Her eyes fell on the flowers before the bust; she was still sensitive enough to feel a curious pang, as if something had thrust her back into the distant past.
"Grass of Parnassus!" she said.
"How strange—how very strange!" Eunice snipped the last thread. "The work's finished now," she said. "I hope and trust your ladyship'll be well satisfied."
"I am more than satisfied," said Lady Danman. "I thank you—I have learned something from you—something that I cannot pay for."
Eunice replaced her needle in the huswife. "My lady," she said, "I'll be better pleased if no mention of payment is made—if you'll take what I've done as a gift. . . . It has been a privilege—I'd a hundred thousand times not have money. It has meant much to me—far more than I can ever tell you. Ay, I know that I'm presumptuous in asking this favor; but once in my life I'll sew for nought. . . . It seems a sacrifice to talk of money before him."
She pointed to the bust. Lady Danman's perplexed frown gave place to a radiant smile. "I'll offer you no money." She took Eunice's garbled card; the old maid stood very proud and stately in her own little way.
"I thank your ladyship," she began.
"But Shakespeare has never had greater honor paid him. The bust is yours; it shall be taken to your house this very evening."
"My lady! my lady!"
"It is yours," said Lady Danman, again, moving to the door, half-ashamed of the weakness that made her voice quaver.
(Copyright, 1906, by J. S. B. Bowles.)

"VANADIUM" DEPOSITS FOUND.

What promises to revolutionize the making of iron and steel is the recent discovery of large deposits of almost pure vanadium in Peru, South America. It is reported Standard Oil interests are identified with the company which has secured concessions from the Peruvian government. Vanadium is a gray white powder, and is the element which has given the peculiar toughness and resistance to Swedish iron. By its use it is claimed

steel can be insured against fracture, and armor plate produced at half its present weight and thickness.
Educational Enterprise.
Prof. Wilbur Jackson, of the University of Chicago School of Education, is leading a movement in favor of erecting Chicago schoolhouses out in the suburbs far enough so that each may have five acres of ground around it.

FIRE THE BEST FILTER.

Water Really Is to Be Purified, There Is Only One Way to Do It.

"All this talk about the need of filters, about people dying for lack of filtered water, amuses me," said a chemist. "For filtered water isn't necessarily pure water. Boiled water is 100 times better."
"A filter, you see, does not free water from things dissolved in it, but only from things floating in it. For instance, if you mix a quart of whisky in a gallon of water and then filter the mixture, it will come out colorless, the floating color particles having been left behind, but this colorless fluid will be quite as capable of intoxicating you now as it was before, for none of its dissolved alcohol will have disappeared."
"So with water that is polluted with sewage. All the undissolved filth of the sewage are removed by filtration, and the water is left clear, tasteless, and odorless; but the dissolved sewage is still present, and it may lurk billions of typhoid germs."
"Let those who complain about the lack of filters just turn in and boil their water. A cent's worth of fire will purify a gallon of water better than a \$10,000,000 filter plant could do it."

The Things We Eat.

Too much meat is absolutely hurtful to the body. Sailors on board of ships get curvy when their supply of vegetable food is exhausted. The digestive organs of the human body demand vegetable food, and if we don't eat enough vegetables we pay for it dearly.
Nature gave us wheat, and in every kernel of wheat nature has distributed iron, starch, phosphorus, lime, sugar, salt and other elements necessary to make bone, blood and muscle.
EGG-O-SEE is wheat scientifically prepared. Cooked, and made into crisp flakes, EGG-O-SEE goes into the stomach ready for the digestive organs to convert it into life-giving substances with but little effort.
EGG-O-SEE eaters are a clean-eyed, strong and happy lot. The proof of a pudding and the proof of EGG-O-SEE is in the eating. EGG-O-SEE besides being solid nourishment is most palatable. Every mouthful is a joy to the taste and direct benefit to your health. A 10-cent package of EGG-O-SEE contains ten liberal breakfasts. Our friends advertise us. They eat EGG-O-SEE for a while. They grow strong. They are well and happy and they pass the good word along.
Next time you send to the grocer's tell your boy or girl to bring home a package of EGG-O-SEE. Have your children eat EGG-O-SEE. It is their friend. They'll eat EGG-O-SEE when nothing else will taste good.
You try EGG-O-SEE, and you can deduct the cost from your doctor's bill.

We send our book, "Back to Nature," free. It's a good book full of plain, good, common sense. If you want a copy, address EGG-O-SEE Company, 10 First St., Quincy, Ill.
When Herbert Spencer was a boy his father sent him away from home to school. The youngster became homesick and with two shillings in his pocket made his way home, over 120 miles, in three days, walking most of the way. He did 48 miles the first day and 47 on the second. On the third day a friendly coach driver took him most of the way for nothing.
The extraordinary popularity of fine white goods this summer makes the choice of Starch a matter of great importance. Defiance Starch, being free from all injurious chemicals, is the only one which is safe to use on fine fabrics. Its great strength as a stiffener makes half the usual quantity of Starch necessary, with the result of perfect finish, equal to that when the goods were new.

Cornelius Vanderbilt, in the name of his father, and Alfred G., in the name of his mother, made application for membership in the Rhode Island Society of the Cincinnati as the representative of the Vanderbilt family. The society decided that Cornelius was the proper representative and he was elected with 15 others.
A Good Opening for Young Men.
WANTED: Students to learn dentistry. One thousand to eighteen hundred a year as soon as competent. Cannot supply the demand. For particulars address Dr. Clyde Davis, Lincoln, Neb.
Benjamin Jeans, who recently retired as guard on the London and Birkenhead express after 54 years of service, probably holds the world's record for travel. It amounts to more than 4,000,000 miles, or the equivalent of 160 times around the equator.
Defiance Starch is the latest invention in that line and an improvement on all other makes; it is more economical, does better work, takes less time. Get it from any grocer.
The new regulation in the British army that "no relaxation of the eyesight test can ever be allowed" is regarded as marking the disappearance of the eyeglass among the officers.
It is better to decide a difference between enemies than friends, for one of our friends will certainly become an enemy, and one of our enemies a friend.—Bias.
Defiance Starch—Sixteen ounces for ten cents, all other brands contain only 12 ounces for same money.
Be grateful the longer you are blind. The happiness is rare that can stand being scrutinized with keen eyes.
Lewis' Single Binder Cigar has a rich taste. Your dealer or Lewis' Factory, Peoria, Ill.
The girl with the money to burn usually has plenty of flames on hand.
A Square Deal—Sixteen ounces Defiance Starch for 10c.
The brain twice that
is more than
an animal.
"I'm glad you could come so promptly," she said.
"I'm glad you could come so promptly," she said.

THE WINNING STROKE

If more than ordinary skill in playing brings the honors of the game to the winning player, so exceptional merit in a remedy ensures the commendation of the well informed, and as a reasonable amount of outdoor life and recreation is conducive to the health and strength, so does a perfect laxative tend to one's improvement in cases of constipation, biliousness, headaches, etc. It is all important, however, in selecting a laxative, to choose one of known quality and excellence, like the ever pleasant Syrup of Figs, manufactured by the California Fig Syrup Co., a laxative which sweetens and cleanses the system effectually, when a laxative is needed, without any unpleasant after effects, as it acts naturally and gently on the internal organs, simply assisting nature when nature needs assistance, without gripping, irritating or debilitating the internal organs in any way, as it contains nothing of an objectionable or injurious nature. As the plants which are combined with the figs in the manufacture of Syrup of Figs are known to physicians to act most beneficially upon the system, the remedy has met with their general approval as a family laxative, a fact well worth considering in making purchases.
It is because of the fact that **SYRUP OF FIGS** is a remedy of known quality and excellence, and approved by physicians that has led to its use by so many millions of well informed people, who would not use any remedy of uncertain quality or inferior reputation. Every family should have a bottle of the genuine on hand at all times, to use when a laxative remedy is required. Please to remember that the genuine Syrup of Figs is for sale in bottles of one size only, by all reputable druggists, and that full name of the company—California Fig Syrup Co., is plainly printed on the front of every package. Regular price, 50c per bottle.

CALIFORNIA FIG SYRUP CO.
Louisville, Ky. San Francisco, Cal. New York, N.Y.

This Is What Catches Me!
16oz.—One-Third More Starch.

DEFIANCE STARCH 16oz.
A FULL POUND for 10c

No premiums, but one-third more starch than you get of other brands. Try it now, for hot or cold starching it has no equal and will not stick to the iron.

USE THE BEST FAULTLESS STARCH FOR LAUNDRY WORK FOR SHIRTS COLLARS CUFFS AND FINE LINEN

Exceptionally Low Rates to Brighter Possibilities

Perfect Food For Man
The food which contains in itself every element necessary, in right proportions, properly prepared by a physician and chemist which makes the perfect food for man, is

DR. PRICE'S WHEAT FLAKE GELERY FOOD

Persons whose diet is composed of most wholesome foods are comparatively free from disease and are active mentally and physically. Dr. Price's Food being made from the whole grain of the wheat, if eaten daily, disposes to keep the bowels regular.
Palatable—Nutritious—Easy of Digestion and Ready to Eat
can be served hot. Put in a hot oven for a few minutes; or cook in boiling milk to a mush.
10c a package. For Sale by My Signature in every Grocery. As much nourishment as 3 loaves of bread.
Dr. Price, the famous food expert, the creator of Dr. Price's Cream Baking Powder, Delicious Flavoring Extracts, Ice Cream Sugar and Jelly Desserts, has never been compelled, notwithstanding strenuous Food laws, to change any of his products. They have always conformed to their requirements. This is an absolute guarantee of their quality and purity.

Along the line of the Missouri, Kansas & Texas R'y in Indian Territory, Oklahoma, and Texas are vast areas of unimproved land—land not now yielding the crops of which it is capable. The same thing, in a different way, is true of the towns. Few lines of business are adequately represented. There are openings of all sorts for you. If you're in any way interested in the Southwest, I'd like to send you a copy of my free paper, "The Coming Country."
August 7th and 21st
you can make a trip Southwest exceptionally cheap. Round trip tickets, good thirty—30 days, will be sold by all lines in connection with the M. & T. R'y at not more than one fare plus \$2.00; in many cases—from Chicago to San Antonio, 6 c.; the rate is \$25.00 from St. Paul, \$27.50 from St. Louis and Kansas City. \$20.00 the rates are considerably lower. The tickets permit of stop-overs in both directions, via M. & T. R'y. If your nearest railroad agent cannot give you the rates, write me for particulars.
W. S. ST. GEORGE
General Passenger Agent, M. & T. R'y
Wainwright Building St. Louis, Mo.
G. A. McNUTT, Business House, Kansas City, Mo.

MKT
"SOUTHWEST"