

## HERITAGE OF CIVIL WAR.

Thousands of Soldiers Contracted Chronic Kidney Trouble While in the Service.

The experience of Capt. John L. Ely, of Co. E, 17th Ohio, now living at 510 East Second street, Newton, Kansas, will interest the thousands of veterans who came back from the Civil War suffering tortures with kidney trouble. Capt. Ely says: "I contracted kidney trouble during the Civil War, and the occasional attacks finally developed into a chronic case. At one time I had to use a crutch and cane to get about. My back was lame and weak, and besides the aching, there was a distressing retention of the kidney secretions. I was in a bad way when I began using Doan's Kidney Pills in 1901, but the remedy cured me, and I have been well ever since."

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

**Intoxicants in Vegetables.**  
Vegetables not only contain stimulants but are capable of producing an intoxicating influence on those who depend on them exclusively for food, according to an investigator. He cites a case in which some young people of his acquaintance suffered from partial intoxication as the result of a purely vegetable meal.

**SORES ON HANDS.**  
Suffered for a Long Time Without Relief—Doctor Was Afraid to Touch Them—Cured by Cuticura.

"For a long time I suffered with sores on the hands which were itching, painful and disagreeable. I had three doctors, and derived no benefit from any of them. One doctor said he was afraid to touch my hands, so you must know how bad they were; another said I never could be cured; and the third said the sores were caused by the dipping of my hands in the water in the dye-house where I work. I saw in the papers about the wonderful cures of the Cuticura Remedies and procured some of the Cuticura Soap and Cuticura Ointment. In three days after the application of the Cuticura Ointment my hands began to peel and were better. The soreness disappeared, and they are now smooth and clean, and I am still working in the dye-house. Mrs. A. E. Maurer, 2340 State St., Chicago, Ill., July 1, 1905."

**Tigers Tap Rubber Trees.**  
Near Perak in the Malay peninsula is a prosperous rubber factory run by a long-headed Scotchman. In order to obtain the sap from which the rubber is made it is necessary to puncture the bark of the trees. Laborers are scarce in that district, but there are an abundance of tigers. There were not enough men to "tap" the trees, but the Scotch proprietor hit on a brilliant idea. He knew that tigers are fond of valerian, so he gave orders that all the trees should be rubbed with this stuff. The tigers came up and caressingly scratched the bark in the most approved herringbone fashion, after which all that the coolies had to do was to walk around once a day and collect the rubber.

**Convenient English.**  
"We become accustomed to a phrase," observed an educator at a teachers' convention, "but when we introduce a new one along exactly the same lines, it startles the hearer. A number of ladies were seated in a hotel parlor, and one of them, commenting on a woman who was standing in the hallway, said: "Mrs. Loraine seems unusually happy this morning." "Yes," answered a companion, knowingly, "the ladies of Newark gave a tea in her honor yesterday. But doesn't her husband look gloomy and dejected?" "That is true," admitted the first speaker. "I presume the gentlemen of Newark gave a beer in his honor last night."

**A WINNING START.**  
A Perfectly Digested Breakfast Makes Nerve Force for the Day.

Everything goes wrong if the breakfast lies in your stomach like a mud pie. What you eat does harm if you can't digest it—it turns to poison. A bright lady teacher found this to be true, even of an ordinary light breakfast of eggs and toast. She says: "Two years ago I contracted a very annoying form of indigestion. My stomach was in such a condition that a simple breakfast of fruit, toast and egg gave me great distress."

"I was slow to believe that trouble could come from such a simple diet, but finally had to give it up, and found a great change upon a cup of hot Postum and Grape-Nuts with cream, for my morning meal. For more than a year I have held to this course and have not suffered except when injudiciously varying my diet. "I have been a teacher for several years and find that my easily digested breakfast means a saving of nervous force for the entire day. My gain of ten pounds in weight also causes me to want to testify to the value of Grape-Nuts."

Name given by Postum Co., Battle Creek, Mich.  
"There's a reason." Read the little book, "The Road to Wellville," in pkgs.

## WHEN YOU'RE CANNING BERRIES

Proportions to Use—The Cooking and Filling of the Bottles.

Allow three pints of fruit for the filling of one quart jar. Look over the berries carefully, and if any imperfect ones appear, do not hesitate to throw them to one side. Into your porcelain kettle put one cupful of white sugar and just enough water to start the berries cooking, and as soon as the sugar is melted, add your berries. Cover, and watch carefully, and as soon as they reach the boiling point remove the kettle from the fire, filling the jar to within one-eighth of an inch of the top, filling this space with berries dipped from the juice. Wipe all juice from the top of the can, adjust the rubber (it is well to put the rubber on before filling) and screw on the lid as tight as possible. Invert the can and let remain thus for a few minutes; examine, and if any should be found leaking around the lid, take a small hammer or knife-handle and pound all around the edge of the lid, especially pounding down where the leak appears, taking pains to have the striking done on the lid and rubber alone. Repeat this, until no leak appears, then let the jars stand, inverted, until perfectly cool, advises a writer in the home department of The Commoner. If the jar continues to leak, open, empty the contents, reheat, and try another lid; or it may be the rubber that is at fault, but generally, the lid is ill-fitting. Wrap the cans in thick paper when putting them away, as the light affects the color of some fruits, and spoils the flavor of others. One of the very best helps in canning time is a steam cooker; or an old-fashioned steamer is just as good. The jars may be filled with the uncooked fruit, the top put on loosely and steamed until hot through, filling part of the jars with the contents of others, as the berries settle down when heated. The same care must be taken to have the fruit "boiling hot" in the jar as when canning by cooking it in a kettle. It keeps its "looks" much better when canned by steam and does not so much as lose its shape. When cooked thus, no water is added to the fruit when the jar is filled—the fruit, aided by the steam, will make its own juice. The water under the steamer or in the cooker must be boiling briskly when the jars are set in, and it must not be allowed to cease from boiling while the jars are inside. It is the steam which cooks, and there must be plenty of it.

**ABOUT GLASS IN THE BATHROOM**  
Glass Appointments Are Not Necessarily Expensive and Are Ideal.

Many a bathroom is fitted out with glass appointments—shelves and racks (the long bars held in place by trimmings of nickel), soap cups and the "little fixings," all of glass. Even the window sills in an occasional bathroom are removed and a heavy glass shelf substituted, says the Chicago Chronicle. Fortunately, glass of the quality used for such purposes is not necessarily expensive, although, as in everything else, the question of how much it shall cost really depends upon the individual buyer.

Bowls and cooking spoons of glass—heavy, but almost unbreakable with ordinary handling—are so satisfactory, by virtue of their cleanliness, that the woman who tries either or both instantly becomes a convert to their use. Perhaps the most unusual glass-made piece of all is a rolling-pin, hollow, and so made that it can be opened and the hollow filled with cracked ice, when working with pastry, which must be kept well chilled, even during the rolling process.

Great slabs of glass make the best sort of pie and bread boards.

**To Clean Matting.**  
To clean matting it should be first swept thoroughly with a stiff broom, following the grain of the straw, then swept across the grain with a soft broom that has been dipped in warm water in which a handful of salt has been dissolved. Nothing brightens colored matting so much as the salt and, moreover, it goes far to prevent it fading. The light-colored matting should be washed in water in which borax has been dissolved. If any grease spots are noticed before the matting is cleaned cover them with a mixture of prepared chalk wet with turpentine, which, after being allowed to remain on for two days, should be removed with a stiff brush. In the event of the grease having sunk in about one-eighth of washing soda added to the mixture will be effectual. Sweet milk is said to keep the matting in a good state of preservation and it is only necessary to use the application about once a year.

**To Shrink Linen.**  
For shrinking linen the following instructions have been found to be very satisfactory: First, after a bathtub has been carefully dusted fill it about quarter full with clear cold water. It should be first filtered if it is at all dark or cloudy. Then, leaving the linen in its folds, wrap it in a clean towel and allow it to remain in the water over night. When taken out in the morning do not wring the water from it, but leaving it still folded hang it up dripping. It will take some time to dry, but the material will be thoroughly shrunken and will not need to be pressed.

**So Rugs Won't Curl.**  
Strips of stiff buckram sewed along the edges of rugs will prevent them curling up.

**To Keep Away Rust.**  
A good blacking will protect the heating stoves from summer dampness, which so quickly generates rust.

All creameries use butter color. Why not do as they do—use JUNE TINT BUTTER COLOR.

Lots of people would be glad to get rid of their experience for less than they paid for it.

Lewis' Single Binder cigar—richest, most satisfying smoke on the market. Your dealer or Lewis' Factory, Peoria, Ill.

Honduras has large tracts of pine lands, which will ere long lead to the building of railroads.

The University of Notre Dame, it appears, has some features that can not be duplicated in any other school. It is one of the old, well-established colleges, with settled traditions reaching back sixty-four years, with a distinguished staff of professors and excellent library and laboratory equipment. Its discipline is of the paternal kind—strong without being oppressive; and as it embraces in its scope the grammar school, high school and college work, its appeal is as broad as it is potent. Perhaps the most remarkable feature of the famous Indiana University, however, is the fact that it has arrived at its present marvelous development absolutely without endowment. An announcement of the courses provided at Notre Dame appears on another page.

Sinal, the "Turquoise Land." Sinal was known as the "turquoise land" in very ancient times, and Dr. Flinders Petrie believes that it was the first mining center in the world. In his recent book on the subject Dr. Petrie tells of the various expeditions sent to Sinal by the Egyptian government. At the head of the party was the "commander," or "bearer of the seal of the god," the Pharaoh. The official staff consisted of "masters of the house of metals," or assayers, scribes and secretaries, to make inventories of the output of the mines.

**BIG NEW SHOE BUILDING.**  
It is Dedicated by the W. L. Douglas Co. at Brockton.

The dedication a short time ago of the new administration and jobbing house building erected by the W. L. Douglas Shoe Co. as a part of its mammoth manufacturing plant at Montello was marked by the thoroughness and attention to detail characteristic of the firm in all its undertakings.

The dedicatory program included open house from 11 a. m. to 8 p. m. with concert by the Mace Gay orchestra and the presence of a Boston caterer to attend to the wishes of all. The building itself afforded a feast for the eye, especially the offices, which are marvels in many ways. Fifteen thousand invitations were sent out, including over 11,000 to the retail dealers in the United States who handle the W. L. Douglas Co. shoes, the others going to shoe manufacturers and all allied industries in Brockton and vicinity. Mr. Douglas will be glad to have anybody who is interested call and inspect the new plant, and says "the latch string is always out." All departments of the plant were open for inspection, the three factories as well as the new building, and visitors were received and escorted through the industrial maze by ex-Gov. Douglas, assisted by the heads of the various departments.

Under the present system all shoes are manufactured to order, and customers sometimes lose sales waiting for shoes to arrive. With the new jobbing house they will be enabled to have their hurry orders shipped the same day they are received.

The new building is 260 feet long and 60 feet wide and two stories in height. The jobbing department will occupy the entire lower floor, while the offices will occupy the second floor. The jobbing department will carry a complete stock of men's, boys', youths', misses' and children's shoes, slippers, rubbers and findings equal to any jobbing house in the country. Buyers are especially invited to come here to trade, and every effort possible will be made to suit their convenience. There will be a finely appointed sample room on the second floor, with an office in which both telephone and telegraph will be installed, with operators, both Western Union and Postal Telegraph wires to be used. There will also be arrangements for the receipt and despatch of mail.

**ANYTHING FOR FILTHY LUCRE**  
Writer's Cynical Justification of Mean Piece of Work.

A certain gifted writer of whom it was once said that he wouldn't recognize his wife if he met her on the street wrote a charming love story not so long ago, and it was printed in a popular magazine. His friends and all those of the circle in which the author moved recognized the story as an exact and recent transcript from the life of the writer, involving a very beautiful young woman, also well known in the same set. One man, coming across the author, took him to task for it.

"What in the world did you write up that affair with Miss Blank for?" he demanded.  
The author looked at him unmoved and with the same exquisite calm and clearness that characterized his work, replied:  
"I needed the money."

## What is Castoria.

**CASTORIA** is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The children's Panacea—The Mother's Friend.

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

## Letters from Prominent Physicians addressed to Chas. H. Fletcher.

Dr. F. Gerald Blattner, of Buffalo, N. Y., says: "Your Castoria is good for children and I frequently prescribe it, always obtaining the desired results."  
Dr. Gustave A. Eisenraeber, of St. Paul, Minn., says: "I have used your Castoria repeatedly in my practice with good results, and can recommend it as an excellent, mild and harmless remedy for children."  
Dr. E. J. Dennis, of St. Louis, Mo., says: "I have used and prescribed your Castoria in my sanitarium and outside practice for a number of years and find it to be an excellent remedy for children."  
Dr. S. A. Buchanan, of Philadelphia, Pa., says: "I have used your Castoria in the case of my own baby and find it pleasant to take, and have obtained excellent results from its use."  
Dr. J. E. Simpson, of Chicago, Ill., says: "I have used your Castoria in cases of colic in children and have found it the best medicine of its kind on the market."  
Dr. R. E. Eskildson, of Omaha, Neb., says: "I find your Castoria to be a standard family remedy. It is the best thing for infants and children I have ever known and I recommend it."  
Dr. L. R. Robinson, of Kansas City, Mo., says: "Your Castoria certainly has merit. Is not its age, its continued use by mothers through all these years, and the many attempts to imitate it, sufficient recommendation? What can a physician add? Leave it to the mothers."  
Dr. Edwin F. Pardee, of New York City, says: "For several years I have recommended your Castoria and shall always continue to do so, as it has invariably produced beneficial results."  
Dr. N. B. Sizer, of Brooklyn, N. Y., says: "I object to what are called patent medicines, where maker alone knows what ingredients are put in them, but I know the formula of your Castoria and advise its use."

**GENUINE CASTORIA ALWAYS**  
Bears the Signature of  
*Chas. H. Fletcher.*  
**The Kind You Have Always Bought**  
In Use For Over 30 Years.  
THE SKEWER COMPANY, 27 MURRAY STREET, NEW YORK CITY.

## Drawing the Line.

We have followed the plow, wielded the hoe, served time on the public roads under an austere overseer, swept the backyard, worked the garden, churned the butter, washed the dishes, nursed the baby and performed other various and sundry disagreeable tasks in our times without a murmur, but when it comes to cleaning streets under three lady bosses—excuse us, please. Three women to boss you, Great Caesar's ghost! Just the thoughts of such a catastrophe is enough to give a man the "back-ague."  
—Minden (La.) Signal.

**To Wash Velvetene.**  
Velveteen may be washed by shaking it about in warm Ivory Soap suds; then rinse thoroughly and let it drip dry. On no account squeeze or wring it. Be careful to hang it straight on the line, for otherwise it will be crooked when dry.  
ELEANOR R. PARKER.

**Amusements of Royalty.**  
The amusements of Queen Wilhelmina of Holland are skating and riding, but as a child her hobby was the keeping of poultry.

Lewis' Single Binder straight 5c cigar is good quality all the time. Your dealer or Lewis' Factory, Peoria, Ill.

As a rule, a divorced woman acts as though she had been born that way.

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

The fellow with money to burn may live to rake the ashes.

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First clothing outfit free to recruits. Upon discharge travel allowance 4 cents per mile to place of enlistment. Bonus four months' pay and increase in pay upon re-enlistment within four months of discharge. Offices at Lincoln and Hastings, Nebraska. Also, during winter, at Des Moines and Sioux City, Iowa. Address NAVY RECRUITING STATION, P. O. Bldg., OMAHA.

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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.

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We are the publishers of the oldest health journal in the world, **GOOD HEALTH**. It is a large, monthly magazine for the home, ably edited and handsomely printed and illustrated. It tells how to live to be perfectly well—how sick people may get well—how well people may stay well. The regular price is ONE DOLLAR A YEAR.  
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all inflamed, ulcerated and catarrhal conditions of the mucous membrane such as nasal catarrh, uterine catarrh caused by feminine ills, sore throat, sore mouth or inflamed eyes by simply dosing the stomach.  
But you surely can cure these stubborn affections by local treatment with **Paxtine Toilet Antiseptic** which destroys the disease germs, checks discharges, stops pain, and heals the inflammation and soreness. Paxtine represents the most successful local treatment for feminine ills ever produced. Thousands of women testify to this fact. 50 cents at druggists.  
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**POULTRY WANTED**—Butter, Eggs, Veal, Game, Hides, etc. Write for tags and prices. Est. 1878. RUBY, FURVIE, OMAHA, Neb.  
**WINTER** Wheat, 60 bushels per acre. Corn, 100 bushels per acre. Salsar Seed Co. Box W. R. LaCrosse, Wis.  
W. N. U., OMAHA, NO. 33, 1906.