

PE-RU-NA AS A LAST RESORT



MR. WM. F. VAHLBERG.
 Mr. William F. Vahlberg, Oklahoma City, Okla., writes:
 "One bottle of Peruna which I have taken did more toward relieving me of an aggravated case of catarrh of the stomach, than years of treatment with the best physicians.
 "I had given up hopes of relief, and only tried Peruna as a last resort.
 "I shall continue using it, as I feel satisfied it will effect an entire and permanent cure.
 "I most cheerfully recommend Peruna to all who may read this."
 Peruna is usually taken as a last resort. Doctors have been tried and failed. Other remedies have been used. Sanitariums have been visited. Travel has been resorted to.
 At last Peruna is tried. Relief is found. This history is repeated over and over again, every day in the year. It is such results as this that give Peruna its unassailable hold upon the people. We could say nothing that would add force to such testimonials as the above. That people who have had catarrh and have tried every other remedy available, find relief in Peruna, constitutes the best argument that could be made.

PILES

"I have suffered with piles for thirty-six years. One year ago last April I began taking Cascarets for constipation. It did not disappear until the end of six weeks. Since then I have not had a single attack and feel like a new man."—George Kyder, Harrison, O.



Desert For The Bowels
Cascarets
 CANDY CATHARTIC
 THEY WORK WHILE YOU SLEEP

It is probable that the star Arcturus is one of the six greatest of all the stars in the sky. Notwithstanding its brightness, it is so far away from us that it is not displaced in position in the slightest measurable degree, as we change our position 186,000,000 miles in our annual journey around the sun. Could we be placed midway between Arcturus and our sun we would receive thousands of times more light and heat from the star than from our sun, and this notwithstanding that the star's radiation is smothered by a dense blanket of metallic vapors. In spite of its immense distance the star is drifting slowly in a southwestward direction over the face of the sky, its motion changing its apparent position by an amount equal to the diameter of the moon in the course of about 1,000 years. So great an apparent motion must indicate an enormous velocity in space.—New York Press.

Another Kind.
 When Johnny Hobbs left his home up among the New Hampshire hills to visit his grandmother in Worcester, Mass., he was cautioned by his mother that he would find things in the city strangely different from those at home. Johnny arrived in the early afternoon, and long before tea time his grandmother, who lived most simply, told him to run out to the pantry and get a bowl of milk which she had left there "for a hungry boy."
 A moment later she followed him, and, to her amazement, beheld her grandson bravely at work on a bowl of spaghetti, tea which she had forgotten to put in the place where she had told him to find the milk.
 "Why, child," she cried, seizing the bowl from poor Johnny, "don't you know this isn't milk?"
 "I—I knew it wasn't like Hillbury milk," stammered Johnny, with a final gulp. "But I thought maybe it was the kind folks had in Worcester."

Truth and Quality

appeal to the Well-Informed in every walk of life and are essential to permanent success and creditable standing. Accordingly, it is not claimed that Syrup of Figs and Elixir of Senna is the only remedy of known value, but one of many reasons why it is the best of personal and family laxatives is the fact that it cleanses, sweetens and relieves the internal organs on which it acts without any debilitating after effects and without having to increase the quantity from time to time.
 It acts pleasantly and naturally and truly as a laxative, and its component parts are known to and approved by physicians, as it is free from all objectionable substances. To get its beneficial effects always purchase the genuine—manufactured by the California Fig Syrup Co., only, and for sale by all leading druggists.

CHILD LABOR IN HOLLAND.

Boys Start to Work as Soon as They Leave School, at Early Age.
 As an American goes about among the Dutch people he is greatly surprised at the state of mind the average Hollander has in regard to affairs generally, says the Boston Herald. It might well be described as that of a man well on in years who has amassed a fair fortune and now takes things easily and loves to talk over the somewhat wild doings of youth.

Nothing is more common than to hear the remarks from both the young and old: "We have been great." "We have had our time."
 They hate to be interfered with and resent the advice of friends. They cannot reconcile the old-world methods with the advanced ideas. Methods of agriculture are all equally old-fashioned and the peasants equally behind the times in thought and dress. In fact, cleanliness in Holland has become almost a disease, and scrubbing goes on from morning until night, due to the abundant supply of water.

"The condition of the working class families of some of the manufacturing towns is deplorable. Wages are low and the standard of life cannot be maintained unless mother and children take their places in the factory side by side with the head of the household.
 As soon as the Dutch law allows the child to leave school—which is at the age of 12—he enters the factory workshop. Although the government has passed a law recently forbidding boys under 16 to be employed in factories, most of the boys go in as soon as they leave school. Children leave their beds frequently at 5 or 6 in the morning or earlier, summer and winter, gulp down some hot coffee, or what is commonly called so, swallow a huge piece of well-known Dutch "roggebrood," or rye bread, and then hurry in their wooden shoes through the quiet streets of the town to their place of work.

Sometimes they have to return home at 8 or 9 in the morning for a so-called hurried breakfast, which as often as not is the first, for many of them start the day's work on an empty stomach. Those who cannot run home and back in the half-hour usually allowed for the first "schicht" or meal time, take their bread and butter with them in a cotten or linen bag, and their milk and water or coffee in a tin, and so shift as well as they can.

Only One "BROKO QUININE"
 That is LAXATIVE BRONCO QUININE. Look for the signature of E. W. GROVE. Used the World over to Cure a Cold in One Day. 25c.

The Sea Serpent.
 When fourteen miles off the coast of Brazil, M. J. Nicol, author of "The Voyages of a Naturalist," observed a sea serpent which came within about fifty yards of the ship. "All that we could see was a dorsal fin about four feet long sticking up about two feet from the water. The fin was a brownish black color and much resembled a gigantic piece of ribbon seaweed. Below the water we could indirectly see a very large brownish black patch, but could not make out the shape of the creature. Every now and then the fin disappeared below the water. Suddenly an eel-like neck, about six feet long and of the thickness of a man's thigh, having a head shaped like that of a turtle, appeared in front of the fin, lashing up the water with a curious wriggling movement. This creature was an example, I consider, of what has been so often reported, for want of a better name, as the 'great sea serpent.' I feel sure, however, that it was not a reptile that we saw, but a mammal."

Unanswerable.
 The lion was sneering at the awkward unmouth, and generally ugly appearance of the elephant.
 "I may not be as graceful as you are," observed the elephant, "but I'm nearer skin to the human family than you are. The knees of my hind legs bend forward, as a man's legs do, while yours bend backward, the same as a hyena's, or a hog's, or a skunk's. You belong to a lower order of creation, and I'd rather not associate with you on terms of equality if it's all the same to you."

Whereas the lion, observing that the elephant was waving his trunk threateningly, went back among the wolves and coyotes, where he still retained some prestige.
Protection for the Train Talker.
 "Silent" compartments in trains are as necessary as "smoking" or "ladies'" compartments. Nothing is more annoying when one is reading an interesting book, thinking, or sleeping, than the conversation—often absurd—of gossiping fellow travelers.—Cassette, Paris.

NEW LIFE
Found in Change to Right Food.
 After one suffers from acid dyspepsia, sour stomach, for months and then finds the remedy is in getting the right kind of food, it is something to speak out about.
 A N. Y. lady and her young son had such an experience and she wants others to know how to get relief. She writes:
 "For about fifteen months my little boy and myself had suffered with sour stomach. We were unable to retain much of anything we ate.
 "After suffering in this way for so long I decided to consult a specialist in stomach diseases. Instead of prescribing drugs, he put us both on Grape-Nuts and we began to improve immediately.
 "It was the key to a new life. I found we had been eating too much heavy food which we could not digest. In a few weeks after commencing Grape-Nuts, I was able to do my household work. I wake in the morning with a clear head and feel rested and have no sour stomach. My boy sleeps well and wakes with a laugh.
 "We have regained our lost weight and continue to eat Grape-Nuts for both the morning and evening meals. We are well and happy and owe it to Grape-Nuts." "There's a Reason."
 Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.
 Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

When Women Admired Whiskers.
 For ages beauty was the delight of ancient beauties. The sight of a shaved chin excited sentiments of horror and aversion. To obey the injunctions of his bishops, Louis VII. of France cropped his hair in a pompadour and shaved off his luxuriant whiskers.
 Eleanor Aquitaine, his consort, found him with his uncommon appearance very ridiculous and very contemptible. She revenged herself by becoming something more than a coquette. The king obtained a divorce. She then married the Count of Anjou, who shortly after ascended the English throne, and gave him as her marriage dower the rich provinces of Poitou and Guienne.
 And this was the origin of those wars which for 300 years ravaged France and which cost the French nation 3,000,000 men; all of which, probably, had never taken place if Louis VII. had not been so rash as to shave off his whiskers, by which he made himself so disgusting to the fair Eleanor.—New York Press.

Use For Crochet Cotton.
 Cloths with an edging of Irish crochet are among the smartest novelties for the tea table. Many a person employ the hours on the piazza this summer crocheting edgings for just such purposes. The crochet cotton which comes on spools is by far the best material to use. Speaking of this cotton, some needlewomen do not know that this is better for feather stitching lingerie, of whatever dainty or sheer material it may be made. After one or two launderings the soft twisted cotton falls to give an idea of the work expended by the embroiderer.
Polishing Furniture.
 A mixture of equal parts of boiled linseed oil and turpentine will renew varnished woodwork, floors and furniture, but very little of it should be used, and what there is should be rubbed in until absolutely no oil is left on the surface. Otherwise the oil will catch the dust, and a dull film will soon form over the varnish. The best

WOMEN AND FASHION

Don't Be a Drudge.
 When a woman is a household drudge, who has time neither to improve her mind or her body, it were well for her to ask the reason of it. Often it will be found to be caused by lack of system. The necessary duties of the house are done just any time, instead of on regular days. In consequence, sometimes they are crowded out entirely, as others are done under such a feeling of pressure as to become a burden. It is as important to live on schedule in one's domestic arrangements as if it were another person's business which must be managed.

Many women feel themselves drudges because they attempt a scale of living beyond their resources. While every one wants as dainty appointments and service as possible, when that can be had only at the expense of nerves and brain development, it is well to live more simply. If you find you cannot get through your day's work comfortably without being tired down unduly, simplify your work in every possible way. Have less elaborate meals. The change will save not your time alone, but your money and your family digestions. Buy all the labor-saving appliances that can be had. It will be found to be economy in the end, though the first bills may be rather staggering.

Often the drudgery may be caused by not getting up early enough in the morning. A late breakfast keeps everyone in a drag all day. It is not a hardship to get up early if the habit is once formed. Indeed you will soon get to enjoy it. If you can save enough time off this end of the day to match a half hour's rest after the noonday meal, it will mean much more rest.
 When you know you are a drudge, steal the time to get a little reading done each day, even if deserts are occasionally missing or the baby does not have hand-made slippers. If it is only fifteen minutes it will give you a new grip on life, and make the inevitable wrestling with three meals and dish-washing more endurable.

The mother of a large family, who, suddenly awakening to the realization that she was an unpaid slave, decided to take her day out like the cook, has discovered the secret of throwing off her drudgery. That one afternoon a week devoted to visiting, an occasional concert, long walks or an hour or two with a good book, has eased all the rest of the week's work. Don't be a Drudge. It can be helped, and it should be.

Gasoline for Washing.
 Too many people tell of their failure in gasoline washing. In nine cases out of ten, the reason is that too little gasoline is used. If you wash with water, you usually take a good washful or painful, but when you wash with gasoline, you are apt to put a cupful into a generous-sized pail. This, of course, is just enough to stir up the dirt and to distribute it in a gray tone all over the lace, gloves or what not to be cleaned. Take a generous bowlful of gasoline and wash your gloves, laces, veils, neckwear, ribbons and silken accessories; then rinse them in plenty of clean gasoline. After using, if you will let the gasoline stand for a few moments, all the dirt will settle and you can carefully pour off the clean gasoline to use at another operation. To clean gloves, put them on the hands and scrub with a little brush, afterward rinsing them like a pocket handkerchief. Silk washed in gasoline loses none of its dressing; feathers lose none of their curl; plaitings stay plaited. Never, of course, use gasoline in a room where there is burning stove or where the gas is lighted.

A Poison Factory.
 The body is a factory of poisons, says a big pathologist. These poisons are constantly being poured out at the rate of 8 pounds a day. One-third of all this poisonous excreta passes through the lungs in the form of steam or vapor. The lungs within their comparatively small compass contain a folded surface of about 1,000 square feet. In area equal to the floor of a room 40 feet square. It is through this surface that the oxygen is drawn into the body and the poisonous carbon dioxide thrown off. Smoke in reality is nothing more or less than a cloud of fine carbon dust—soot. And when this dust comes into contact with the surface of the lungs it forms a thin coating which obstructs the entrance of oxygen-laden air, as well as the exit of the poisonous outbreathings. The smoker or he who inhales smoke, either directly or by sitting in a smokeladen atmosphere, is both starved and poisoned; starved for oxygen, the most important of all foods, and poisoned by his own excreted waste.

For the Health.
 Antiseptic gauze is an article that particular women are using now. While not precisely cheap, it can not be called expensive, and as face cloths it can be used a couple of times before being thrown away. Every physician now deprecates strongly the use of handkerchiefs for hand held cloths, and advocates this gauze, cut into 12-inch squares, that must be burned when soiled. In this way any danger of contagion to those in the same household is avoided. In traveling, a few yards of gauze may be carried and wash cloths cut off as required. They are thrown away after taking off the dirt of one journey.

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Ornate Fitted Sleeves. Evening Gown Sleeve. Armlets. Bolero Effect.

chiffon designed in the same color as the belt.

Chantilly lace is now used in making an entire dress. It is further trimmed with lace bands showing a bit of color. English tweeds in plaid effects will be seen this season in separate coats, made in three-quarter lengths with long sleeves; trimmings of silk.
 New shades are wistaria, cedar, peacock blues and greens, cobalt, canard, taupe, smoke, mulberry, apricot, moustiquaire, mustard and many others.
 An evening cloak that closed with gold cord and tassels showed gold grapes that clustered beneath the white velvet collar. The style, while very elaborate, was quaint and pretty.

For fallor-made ruchings of linen, plaited tulle and extremely narrow—in fact, just a line—is fashionable. This is put in sleeves as well, and in some cases we see it rimming pockets.
 Many white lace waists made with a yoke effect with the lace divided down the center front have the fronts laced together with velvet ribbon, tied with a knot at the lower point. The lacing should be V-shaped. The touch of velvet is used this season to give to lace waists a newer note.

Lace Curtains.
 Lace curtains must on no account be ironed. In the country they may be stretched on the grass, pinning out every point; in the town a sheet spread

remedy for a dulled or whitened wax finish is good hard rubbing. A little polish may be used if the case is a desperate one, but none should be left on the surface. White spots caused by heat or moisture will disappear if rubbed hard immediately with a simple polish, says Harper's Bazar. An old-fashioned polish for renewing old mahogany and, strangely enough, recommended for polishing brass, also, is the following, dating from 1777: Two ounces of butter of antimony, two quarts of elder vinegar, one-half pint of linseed oil, one-half pint of ale (not beer). Mix antimony with oil, then add ale, put into half-gallon demijohn and shake well with the vinegar. Use soft cloths, and shake well to mix before using. This polish has worked miracles in restoring old mahogany.

One Woman Cook's Record.
 A Boston woman who has just celebrated her golden anniversary as a cook boasts of having made and baked 394,000 pies, 2,000,000 doughnuts and something more than 1,500,000 puddings, besides a multitude of other dainties and no end of baked beans. Her recipes are all her own and she refuses to write a cook book.

Feather Ruffs for Neck.
 It is quite fashionable now to wear around the neck a close-fitting ruff made of an ostrich feather of small tips. This has an extra wide white ruching above and sometimes below.

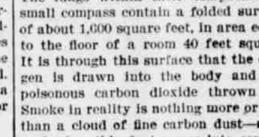
Striking Innovations in Sleeves.



Ornate Fitted Sleeves. Evening Gown Sleeve. Armlets. Bolero Effect.

on the carpet will be found more suitable. Dwellers in flats who find it difficult to dry such large articles will be glad to know that if the curtains are hung up wet at an open window overnight they will be dry next morning and hang more gracefully than if dried in the usual way. Take them down next morning, fold lengthwise and pass through the mangle. Feathers may be washed by placing them in linen bags. Dip and squeeze these in soapsuds, rinse in clean water and dry in sieves in an empty room, turning the feathers frequently to prevent them sticking together.

Afternoon Reception Gown.



Reception gown of Ciel blue meteor silk crepe cut en Directoire with long train skirt, whose every line, however, is perfect. The bodice is made elaborate with a yoke of white flit embroidered in silver and outlining the yoke is a fold of velvet somewhat darker than material, edged with a frill of narrow white lace. Sleeves are also lace trimmed and the shaped bertha of crepe is held in place by two large, fancy blue buttons.

Short Bones in Corsets.
 It is interesting to know that while corsets are longer, the bones in them are shorter. They go over a part of the hip, but do not run down to the end of the corset. These long bones were found disastrous, as they were constantly breaking or bending and pushing the corset into a curve below the waist. Now the bones stop short enough to prevent breakage, and the cuticle is strapped and stitched and fitted to the figure for the rest of the length.

A Woman's Chance of Marrying.

Woman's age.	Chances in 100
18 to 25.....	100
25 to 30.....	100
30 to 35.....	100
35 to 40.....	100
40 to 45.....	100
45 to 50.....	100
50 to 55.....	100
55 to 60.....	100
60 to 65.....	100
65 to 70.....	100
70 to 75.....	100
75 to 80.....	100
80 to 85.....	100
85 to 90.....	100
90 to 95.....	100
95 to 100.....	100

—New York Evening Sun.

Eat Moderately.
 In order to be in perfect health one must be temperate in eating. The meals also should be regular. Regularity is one of the golden rules of a well-ordered life.
When Baby Chokes.
 Do not slap baby on the back when he chokes, but raise the left hand above the head, which will give relief.

His Alternative.

It is best to keep one's personal dignity at whatever cost. A befitting sense of what is due one never enters, even within prison precincts. This truth was appreciated by an Irishman whose expression of it is quoted by Michael MacDonagh, in "Irish Life and Character." The prisoner, refractory and obstinate, flatly refused to work in the treadmill.
 The man was brought before the Governor of the prison for disobedience. The Governor asked him what reason he could give for not following out his orders.
 "Me go on the treadmill!" exclaimed the prisoner, drawing himself up to his full height of offended dignity. "Never, sir! I'd rather lave the jail first!"

NO SKIN LEFT ON BODY.

For Six Months Baby Was Expected to Die with Eczema—Now Well—
 Doctor said to Use Cuticura.
 "Six months after birth my little girl broke out with eczema and I had two doctors in attendance. There was not a particle of skin left on her body, the blood coozed out just anywhere, and we had to wrap her in silk and carry her on a pillow for ten weeks. She was the most terrible sight I ever saw, and for six months I looked for her to die. I used every known remedy to alleviate her suffering, for it was terrible to witness. Dr. C— gave her up. Dr. B— recommended the Cuticura Remedies. She will soon be three years old and has never had a sign of the dread trouble since. We used about eight cakes of Cuticura Soap and three boxes of Cuticura Ointment. James J. Smith, Durmid, Va., Oct. 14 and 22, 1907."

In the Mission Sunday School.
 Teacher—And what do you suppose all the animals did during those forty days in the ark?
 Smarty Williams—They just loafed around and scratched themselves.
 Sandy Toole (disdainfully)—Chuck it, Smarty! What'd they scratch for, when there was only two fleas?—The Bohemian.

**There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven catarrh to be a constitutional disease and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case that fails to cure. Send for circulars and testimonials. Address: F. J. CHENEY & CO., Toledo, O. Sold by Druggists, Etc.
 Take Hall's Family Pills for constipation.**

Righteous Kick.
 "The other day," said the caller, "I sent you an item to the effect that I had gone up into Wisconsin on a week-end trip."
 "Well," said the society editor.
 "Well," rejoined the indignant caller, "you printed it 'week kneed' trip!"

FILES CURED IN 6 TO 14 DAYS
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Correcting a Misapprehension.
 Philanthropic Housewife—You are sadly travel stained, aren't you?
 Wareham Long (tackling the cold meat)—No, madam; you couldn't hardly call it stain. It's just dirt. I'll wash it off.

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

Lord Radstock is one of the few members of the British peerage who not only take an interest in religious work but who deliver sermons themselves.

WE SELL GUNS AND TRAPS CHEAP
 & Buy Furs & Hides. Write for catalog 100 N. W. Hyde & Fur Co., Minneapolis, Minn.

A Musical Spider.
 The extraordinary musical sensitiveness of spiders has several times been proved. Every one has heard of Pello'son's spider. Consoler of the unfortunate prisoner, it perished because it listened too closely to the captive's violin. The jailer saw it and crushed it brutally. Gretry, the composer, speaks of a favorite spider which descended along its thread upon his piano as soon as he played it. When giving recitals at Brussels Rubinstein saw a large spider issue from the floor of the platform and listen to the music. He gave three concerts at the same hall, and on each occasion the spider appeared.—Paris Review.



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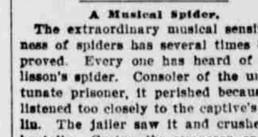
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A Musical Spider.
 The extraordinary musical sensitiveness of spiders has several times been proved. Every one has heard of Pello'son's spider. Consoler of the unfortunate prisoner, it perished because it listened too closely to the captive's violin. The jailer saw it and crushed it brutally. Gretry, the composer, speaks of a favorite spider which descended along its thread upon his piano as soon as he played it. When giving recitals at Brussels Rubinstein saw a large spider issue from the floor of the platform and listen to the music. He gave three concerts at the same hall, and on each occasion the spider appeared.—Paris Review.



RECEPTION GOWN
 Reception gown of Ciel blue meteor silk crepe cut en Directoire with long train skirt, whose every line, however, is perfect. The bodice is made elaborate with a yoke of white flit embroidered in silver and outlining the yoke is a fold of velvet somewhat darker than material, edged with a frill of narrow white lace. Sleeves are also lace trimmed and the shaped bertha of crepe is held in place by two large,