

COMMODORE NICHOLSON OF OUR NAVY

Recommends Per-na-Other Prominent Men Testify.

Commodore Somerville Nicholson, of the United States Navy, in a letter from 1837 R Street, N. W., Washington, D. C., says: "Your Per-na has been and is now used by so many of my friends and acquaintances as a sure cure for catarrh that I am convinced of its curative qualities and I unhesitatingly recommend it to all persons suffering from that complaint." — S. Nicholson.

United States Minister to Guatemala Endorses Per-na.

Dr. W. Godfrey Hunter, U. S. Minister to Guatemala, ex-member of Congress from Kentucky, in a letter from Washington, D. C., writes: "I am fully satisfied that your Per-na is an efficacious remedy for catarrh, as I and many of my friends have been benefited by its use." — W. G. Hunter, M. D.

Member of Congress From Virginia Writes.

Hon. G. R. Brown, Martinsville, Va., ex-member of Congress Fifth District, 50th Congress, writes: "I cheerfully give my endorsement to your Per-na as a cure for catarrh. Its beneficial results have been fully demonstrated that its use is essential to all persons suffering from that disease." — Hon. G. R. Brown.

The day was when men of prominence hesitated to give their testimonials to proprietary medicines. This remains true to-day of most proprietary medicines. But Per-na has become so justly famous, its merits are known to so many people of high and low station, that no one hesitates to give his name in print recommending Per-na.

The highest men in our nation have given Per-na a strong endorsement. Men representing all classes and stations are equally represented.



COMMODORE Nicholson

For the Individual

1796 - 1872 - 1952

On account of a lack of a solution for a spontaneous perplexity we get excited and thus increase complications. Study ahead of necessity.

THE "OIL SLINGER" MACHINE.

More than half of my life ago the cashier of a bank tapped on the window as I was passing and motioned me in. He was a stockholder in a factory and offered me a place I had been seeking. That was Thursday afternoon and the next day of high school for me. The next morning at seven o'clock I stood by a big chuck, as one of seventy workers. My clothes were not suitable for any machine and the chuck machine was the worst one on clothing. The boys smiled and predicted a change in my appearance very soon. My work was to knurl the head of the long screw which moves the jaw of a monkey wrench. In those days the chuck had to be topped and started for each screw; as it started up the oil began to fly and the faster the chuck revolved the greater the penetrating power of the oil when it hit me. In order to do the work I had to get in the way of the oil; I did the work but traced the oil from my clothing to the chuck and the screw which came to me loaded with it. The oil was secured in a thread cutting machine where the machine drew the oil off and the machine lost its name. The machine lost its name because I was dissatisfied with conditions, began tracing the trouble and found the remedy. When a former workman at that chuck visited the factory and asked where oil had gone to, on being told the plan he opened his eyes and said nothing. He may have been thinking about the amount of oil he had taken home on his clothing. There are both big and little opportunities in every shop and factory for better methods and originality, mutually useful to employer and employee.

ON NEGLECTED SUBJECTS.

Carl went south and made some money, then came back to his old village home, purchased a central block of land, and this is what it was and what he did to it.

A dramatic man, by buying several houses and lots, secured the whole block for his residence. He spent a good deal of money on the place, then abandoned it. When Carl secured the property it was a wilderness of undergrowth of an unlimited variety. It had a good brick barn and greenhouse, which had been rented for a dwelling. Carl lived in that while he tore down part of the big wooden residence and improved the place.

The best part of the residence was sold and removed. With a gang of men and horses he cut down trees, dug up shrubbery and plowed the ground for grazing and seeding.

At the end of a year or so he had up a modern home with a living room. One day while passing the place with my father, I said to him that I would like to clean up some subjects the same as Carl had done to that place. Father replied that such a thing would be possible.

There are so many good stories about Carl in my memory that it is a sign of brain gain on my part to be able to stop here and use the above one for what I intended it.

As another suggestion, please let me say to you that together we might do some subject which is now in the dark and by union study let daylight in on it.

While I have some subjects listed it might be better for you to think a little and make the first move after this introduction.

What do you want to know which you would be willing others should know?

I am willing to live in a barn while clearing up an overgrown subject and grading for improvements.

How can we prevent errors and mistakes mutually expensive to buyer and seller, to employer and employee, to publisher and reader?

When science or commerce neglect a live subject it falls into the hands of the fakir and is perverted.

What is the subject on which you would like to see unrecorded and unclassified useful information collected and unbiased and impartial reports prepared?

The daily experiences which cost you and others time or worry, or money, let down, one a day or one a week, and record. Much has been wasted. Begin saving helpful ideas.

What do you know about food and digestion? What is your ideal system of diet?

HIS GYMNASIUM.

One of my big friends decided he needed some exercise, and he fixed up a gymnasium in the garret of his house. His wife wanted to know how long he expected to use it, and he gave a conservative estimate of one month, as he remembered his unsuccessful experiments in the past. He has confessed to me that three days ended the last experiment. I said to him, Suppose a man about my size wanted to buy your outfit would you sell? My theory was that if a person who is trying to tell others how to keep well and get sick in doing it, could buy a gymnasium outfit from a man who has used it three days and then abandoned it, he might be stimulated to keep up the exercise until he got some benefit. It is very easy to get things to exercise with and it is very difficult to make use of them a few minutes every day. Had I the time to go to a million men I think I could get that many to confess to the above truth. A big gymnasium with a good instructor, dust or no dust, is necessary for men who lack self-control.

THE "OIL SLINGER" MACHINE.

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The Wessels Company has added to its list of importations Edward Clodd's Biography of Grant Allen, not a mere justification of Grant Allen's departure from conventional fiction, but a resume of his work in the field of let-

WAITING FOR OPPORTUNITY.

Friday I called to see a railroad president but was put off till the next day at 11 a. m.

On Saturday morning about 10:40, I started for a lunch room and found it did not open before 11 o'clock. By the time I reached another eating place and had partly consumed, in a hurry, my buttered toast and cocoa, the clock told me to go. Reaching the president's office a minute late I waited, and the president was busy with a caller for a few minutes. Sitting down I wrote while I waited—wrote to my parents in Pennsylvania and made notes for my lunch room club talks. I waited till I had only time to reach my 12:20 club train. I wrote a note for a secretary to hand the president, saying I would call later. The man told me the president was about to leave for a three months' trip and asked me how much time I wanted. I replied two minutes and in a minute I got it but did not use all of it. I had waited seventy minutes to talk seventy seconds and I believe it paid me to do it. Has it ever paid you to wait long for a short opportunity?

SOURCES AND ELIMINATION.

Nearly five years ago I took two earnest men of intelligence to a room in which was a blackboard, and on that blackboard we three tried to draw an outline on the sources and elimination of trouble. One of the young men copied the attempt and later lost it. He tried to reproduce it from memory, but never succeeded. I will give it as near as I can with additions.

The sources of trouble are ignorance, sickness, idleness, carelessness, dishonesty, lack of training, laziness, incompetency, intemperance, misfortune, disobeying law, morbid curiosity, gluttony and an unbridled tongue. The elimination of trouble is to come about by education, physical culture, industry, diligence, righteousness, energy, growing skill, accounting, keeping away from crowds, attending to your own business while helping those who are not able to return the compliment, carefulness and forethought, good shoes for your feet and healthful literature for your head.

Please send me what you think should be added to either of the above lists, and as you look back to your younger days, also give what you consider the primary sources of desirable forces? What part of your early life has proven most useful later on?

THE SOURCES OF PLUCK.

Regarding the sources of pluck a few words are in order. It may be due to the last straw approaching and in desperation it is fought off and a new kind of pluck acquired. It may come by anger or righteous indignation. It may come by better care of the goal. Danger, love, hope, ambition and prayer invite pluck to come and remain. Just before great battles some of the most successful commanders in history have increased their pluck by appealing to their Creator for help and favors.

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WINCHESTER REPEATING RIFLES

No matter what your preferences are about a rifle, some one of the eight different Winchester Rifles will suit you. Winchester Rifles are made in calibers suitable for shooting any game, from rabbits to gibber bears, and in many styles and weights. Whichever model you select, you can count on its being well made and finished, reliable in action and a strong, accurate shooter.

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FROM ALL POINTS ON MISSOURI PACIFIC RAILWAY. GREATLY REDUCED RATES EAST, INDIANA, WESTERN OHIO AND LOUISVILLE, KY.

September 1st, 8th, 15th and October 6th. Return limit, 30 days.

DON'T MISS THIS CHANCE
To visit the old home and see your friends of other days.

FOR PARTICULARS, INQUIRE OF COMPANY'S AGENT, OR H. C. TORRENS, General Passenger and Ticket Agent, St. Louis, Mo.

LAST MOUNTAIN VALLEY LANDS

ASSINIBOIA, CANADA. The Garden of the Northwest.

The wheat crop this year will average 30 bush. per acre. Good Water. Ample Fuel. Good Roads. Land in this favored district may be bought for \$7.00 to \$8.00 per acre.

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Your dealer tells it.

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You can save from \$3 to \$6 yearly by wearing W. L. Douglas's \$3.50 or \$3 shoes.

They equal those that have been costing you from \$4.00 to \$5.00. The immense sale of W. L. Douglas shoes proves their superiority over all other makes. Sold by retail shoe dealers everywhere. Look for name and price on bottom.

That Douglas uses for so long time is valuable in Douglas shoes. It is the highest grade of leather made. Our \$3.50 \$3 shoes cannot be equaled at any price. Shoes by mail, 25 cents extra. Illustrated Catalog free. W. L. DOUGLAS, Brockton, Mass.

THE DEFIANCE STARCH CO.

GRAHA, IOWA

BOOKS and AUTHORS

The irrepressible Mary MacLane of Montana, "the beautiful butte," as she has been dubbed, again appears on "the flat surfaces of things," with her new book, "My Friend Annabel Lee." The public will accept this second volume in much the same spirit that it has accepted Miss MacLane's initial effort, but we are hopeful that the publishers, Herbert S. Stone & Co., Chicago, will not hazard a third assault unless this western genius improves her style. Nothing in the new volume is more interesting than the author's description of it. The following letter was sent to her publisher early in August:

"It is made up of reflections and impressions and sketches—but I hate the words—and my reflections are not reflections, and my impressions are not impressions, and my sketches aren't sketches in the least. The book is not quite a diary for it has no dates, but it's all in the first person. It has a tinge of the first book, and it's a fascinating book, and yet—"



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FALL KIDNEY CHILLS.

With the chilling air of fall comes an extra tax on weak kidneys.—It's the time Doan's Kidney Pills are needed—now recognize the world over as the chief Kidney and Bladder remedy.

Aching backs are eased. Hip, back and loin pains overcome. Swelling of the limbs and droopy legs vanish. They correct uric with brick dust sediment, high colored, pain in passing, dribbling, frequency, bed wetting. Doan's Kidney Pills remove calculi and gravel. Relieve heart palpitation, sleeplessness, headache, nervousness, dizziness.

Doan's Kidney Pills.

SMALL SIZE FOR EASY CARRIAGE.

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P. O. _____

STATE _____

Free trial box. Full size 25¢. Name, address, and return postage, write address on separate slip.

As the hot-carrier goes up, so goes the house.

Watch on Getting It.
Some grocers say they don't keep De-fiance Starch because they have a stock in hand of 12 oz. brands, which they know cannot be sold to a customer who has once used the 16 oz. plus De-fiance Starch for the same money.

Dark horses are not always as white as they are painted.

ALL UP-TO-DATE HOUSEKEEPERS Use Red Cross Bull Blue. It makes clothes clean and sweet as when new. All grocers.

When some men get their freedom in this glorious land of the free they are in ex-convict class.

To Cure a Cold in one day.
Take Lothrop Bros. Quinine Tablets. All druggists refund money if it fails to cure 25¢.

Truth and love never go out of fashion.

After locking your family skeleton in the closet hide the key where your neighbors cannot find it.

Why It Is the Best is because made by an entirely different process. De-fiance Starch is unlike any other, better and one-third more for 10 cents.

Sand, dross and gold placed together in the fire each finds its own level.

A good housewife is like the ocean—very tidy.

Smokers find Lewis' "Single Binder" straight 50 cigar better quality than most 10¢ brands. Lewis' Factory, Peoria, Ill.

Fully half our earthly trouble is the result of calling things by another name.

Take care of the dimes and you won't have to break a dollar bill for car fare.

Allen's Foot-Ease, Wonderful Remedy. Have tried ALLEN'S FOOT-EASE, and find it to be a certain cure, and gives comfort to one suffering with sore, tender and swollen feet. I will recommend ALLEN'S FOOT-EASE to my friends, as it is certainly a wonderful remedy.—Mrs. N. H. Guilford, New Orleans, La.

Make good use of other men's brains.

An enterprising museum manager claims to have the lie that George Washington refused to tell.

More Flexible and Lasting. Don't shake out or blow out. By using De-fiance Starch you obtain better results than possible with any other brand and one-third more for same money.

An Odd Scrap Basket.

Girls, do you want a scrap basket that will be picturesque and different from anything you have ever had before? If you do, ask your brother to take you to see your fisherman before your summer outing ends, and either buy or beg from him a genuine "sal-pot. Not a brand, new, unused one, but an old and grayish brown affair that has really seen service. He will have plenty of them, and will surely be glad to let you have just what you are looking for. Take your prize home with you, the two favorite ribbons through the two little handles at the sides, hang it by your writing desk and you have a treasure which will excite much admiration.

The Demand for "Change."

There is over \$100,000,000 in half dollars, quarters, dimes, nickels and cents in circulation, about \$30,000,000 in silver dollars, \$47,000,000 in one-dollar bills and \$25,000,000 in two-dollar bills. And still the cry is for change, change. In New York the street car companies instruct conductors to refuse anything larger than a \$2 bill for fare, owing to the impracticability of carrying enough change to break up the fives and tens that would be forced upon them. A majority of fares are paid in nickels, then come in the order named—dimes, quarters, halves and pennies. There is an occasional dollar and now and then a \$2 bill. Women are responsible for most of the paper money that goes into the pockets of conductors.

CUBS' FOOD.

They Thrive on Grape-Nuts.
Healthy babies don't cry and the well-nourished baby that is fed on Grape-Nuts is never a crying baby. Many babies who cannot take any other food relish the perfect food Grape-Nuts and get well.

"My little baby was given up by three doctors who said that the condensed milk on which I had fed it had ruined the child's stomach. One of the doctors told me that the only thing to do would be to try Grape-Nuts, so I got some and prepared it as follows: I soaked 1 1/2 tablespoons in one pint of cold water for half an hour then I strained off the liquid and mixed 12 teaspoonfuls of this strained Grape-Nuts juice with six teaspoonfuls of rich milk, put in a pinch of salt and a little sugar, warmed it and gave it to baby every two hours.

"In this simple, easy way I saved baby's life and have built her up to a strong healthy child rosy and laughing. The food must certainly be perfect to have such a wonderful effect as this. I can truthfully say I think it is the best food in the world to raise delicate babies on and is also a delicious healthful food for grown-ups as we have discovered in our family." Name given by Postum Co., Battle Creek, Mich.

Grape-Nuts is equally valuable to the strong, healthy man or woman.

Grape-Nuts food stands for the true theory of health.

Look in each package for a copy of the famous little book, "The Road to Wellville."

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10¢ SOLD EVERYWHERE.

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FISCH'S CURE FOR

BILIOUSNESS AT ALL TIMES.

Best Lough Syrup, Peppermint Cure, etc. in Glass. Sold by druggists.

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