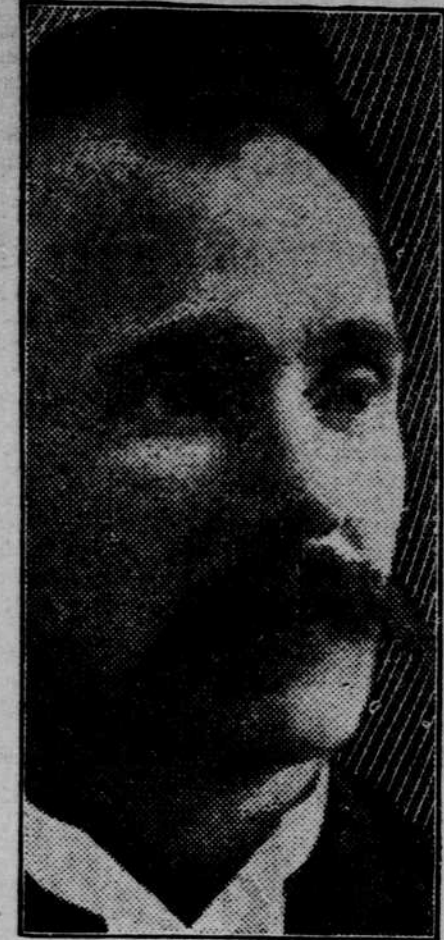


HON. W. H. KELBAUGH
OF WEST VIRGINIA
PRAISES PE-RU-NA.



Hon. W. H. Kelbaugh.

A Cold at Any Time of the Year. Especially in Hot Weather, is Very De Pressing to the System. Peruna is an Unequaled Tonic For Such Cases. Read What People Say About It.

Hon. W. H. Kelbaugh, Ex-Member W. Va. Legislature, 204 9th street, N. E., Washington, D. C., writes:

"You can use my name and word at all times for Peruna as a medicine and tonic unequalled. I have tried it for a stubborn cold and badly run down system. I tried all sorts of other medicines and paid several expensive doctor bills. Peruna cured me, strengthened me more than ever, and saved me money."

Mrs. Clara Litterst, Seafield, Ind., says: "Last fall I took a severe cold. I took Peruna, began to improve and kept on so until I was able to do my work."

SAITH THE OWL.

In the comic opera of life the chorus girls are cooks.

One good thing about rainbow gold is that we can't squander it on bargains.

Many a fond young writer's hopes come home confined in long white envelopes.

The only jewels that man should not be ashamed to wear are the beads of honest toil.

Go abroad and Godspeed you, my friends. But forget the sights you see before you see me again.

A modern financier is a youth of today who can marry and make his father-in-law take care of them both.

Consider the ways of the popular chaplain. She hath ears that hear not and eyes that absolutely refuse to behold anything.

PHILOSOPHICAL POINTS.

The fatted calf never loves the prodigal son.

Truth never runs around asking people to believe it.

Alas, that fools are prosperous. Is it their penalty or reward?

How many of us in listening to the tomtoms forget the violins?

To think an original thought is to take a step nearer the divine.

People who need to be continually propped up are not worth the prop.

When men become suddenly good they should be executed immediately.

It is easier for some people to believe the impossible than the possible.

Before it was thrown down, the Golden Calf had a son, and it is still moaning around the world.

It is self-evident that to successfully fathom the motives of men one must be a man himself. To an idiot—to a lunatic—all men are either idiots or lunatics.

PHYSICIAN SAYS

Children Thrive on Grape Nuts and Cream.

A Mass. physician has found a cure for constipation in children—citing fifteen cases—by feeding them Grape-Nuts.

"Some time ago," he writes, "I became interested in your food, Grape-Nuts, as a cure for constipation in children. Having tried it in my own family, I have advised it in fifteen cases in which all suffered with constipation more or less severe. The result has been absolute relief in all."

"I write this that other children may be benefited."

How much better it is thus to bring about a healthy action in the bowels of growing children by natural means, than to feed them with improper food, requiring some kind of cathartic at intervals to overcome constipation.

Grape-Nuts gives energy to the entire nervous system including the nerves that cause the natural contraction and relaxation of the bowel muscles, that propel the food mass along.

It is indigestible also, and the blood easily absorbs the food as it goes through the body, storing up vitality and force for the functions of all the organs.

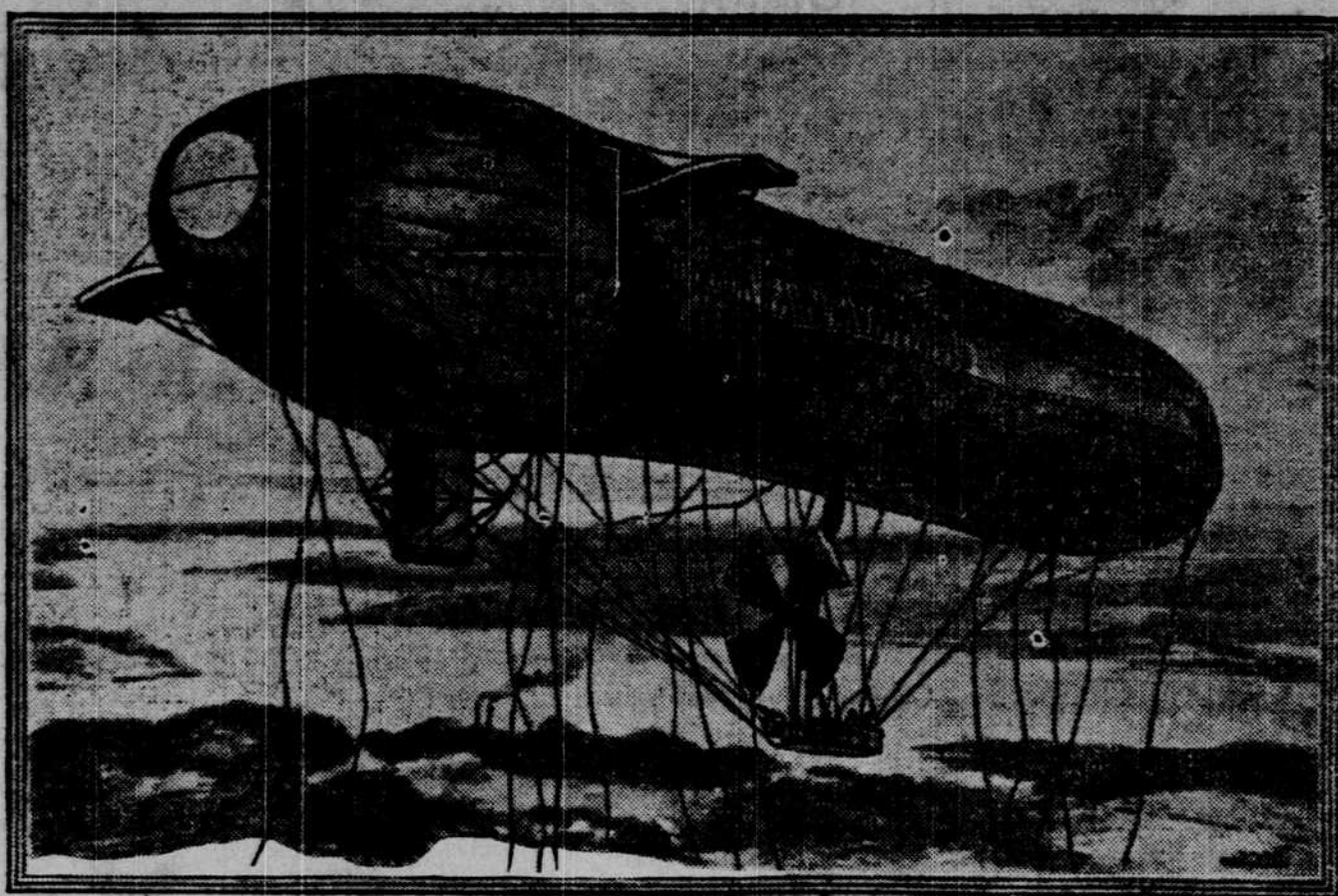
Children especially, should get the right start as to habits of living. They should grow into bright, strong, cheerful men and women. Grape-Nuts solve the question of the start; a wholesome appetite will do the rest.

Children's teeth are benefited by chewing Grape-Nuts, also. Your dentist will tell you that a certain amount of exercise in chewing firm food, is necessary to grow strong, beautiful teeth.

Teeth need exercise just the same as muscles, if they are to grow strong and firm as nature intended. Grape-Nuts gives the exercise and also gives material from which good teeth are made.

"There's a reason." Read the little book, "The Road to Wellville," in 100 pages.

THE WAR BALLOON IN GERMAN ARMY



The balloon, with which the German army authorities have been experimenting, has a long, torpedo-like envelope. It is kept rigid, not by any framework, but by two small balloons within the great envelope. These are kept continually taut by air pumped into them by the motor, which also drives the screw. It is kept even by two rigid horizontal planes fixed to the sides of the balloon above the rudder. The inventor, Maj. von Perseval, claims that his balloon can be deflated and packed up very much quicker than any other existing aërostat.

TO TEACH THE POOR.

Convention Planned by Field Workers at Winona Lake for Purpose of Spreading the Gospel in Rural Districts.

Winona Lake, Ind.—One of the most peculiar and interesting conventions of the year will be held here in August, when the Indiana field workers of the American Sunday School union, and perhaps a number from other states, will hold the first conference the Indiana workers have ever held. It will bring together nine men from this state, who are seldom seen and heard by the people of cities and larger towns, but they are men who, in the sparsely settled regions of the state, are better known than the carriers on the rural mail routes. It is the business of these field workers to go among a class of people that would not otherwise hear of the Bible and quicken their interest in the book. The chief purpose of the Sunday School union is to get copies of the Bible in these homes, and with this purpose is closely linked that of organizing Sunday schools at points convenient for the poor of the rural districts.

The American Sunday School union, with headquarters in Philadelphia, was organized in 1824, and it has spent \$10,000,000 for Bibles and other religious literature, all of which has been distributed free in the remote regions of American civilization.

It pays no salaries to its field men, who live as best they can from free will offerings of the people among whom they work, and their lot is harder than that of the old-time circuit rider, who rode his horse from settlement to settlement when Indiana was young. The field men seek the crossroads points, and there open the Sunday schools, using blacksmith shops, granaries or any kind of building that will offer shelter from the weather, and in these Sunday schools are gathered the men, women and children of the neighborhood, regardless of religious beliefs.

Of the men at work in this state, J. M. Caress, of New Albany, goes through the hill country of southern Indiana. J. A. Carter has Brown county in his district, and he has organized a number of Sunday schools for the neglected poor in the hills of that and Morgan county.

W. H. Hess, who is organizing the August conference, makes his home at Winona Lake throughout the year and the ten northern Indiana counties over which he travels are one of the largest districts that the Sunday School union has in the middle west. The methods followed by Mr. Hess are typical of those of all the mis-

sonaries. He has a wagon similar to that of the rural mail carrier, only it is not brilliant with red paint and it is covered with religious inscriptions.

Mr. Hess went into this Sunday school work six years ago, with his pockets empty, but he was fired with the hope that seems to fill every kind of mission worker. E. A. K. Hackett, of Fort Wayne, started a movement which resulted in a good outfit for Mr. Hess—a strong horse, a good set of harness and a substantial, comfortable wagon, which can be driven in all kinds of weather and over all kinds of country roads. Mr. Hackett also keeps this "gospel wagon" supplied with song books, which the missionary uses in his Sunday schools.

A variety of literature is stacked up in shelves in the Hess wagon, but the chief stock is Bibles. The Bibles are substantially bound in cloth, printed in minion type and the covers are of dark red, that the book may be more attractive to children. In six years Mr. Hess has found 500 families in the ten counties of his district who had no Bible. He had found boys 15 years old who had never been inside of a Sunday school.

"It is surprising to see," he said,

Beef Exports Falling Short.

Washington.—Completed figures of the exports of American canned meats for the past fiscal year are shown in a statement issued by the department of commerce and labor. The value of canned meats exported from the United States in June, 1906, was \$461,000, against \$787,127 in June, 1905, and in the fiscal year 1906, \$9,233,410, against \$9,577,045 in 1905. The figures for the fiscal year 1906 include canned beef, \$6,430,446; canned pork, \$1,215,857; other canned meats, \$1,587,107.

The quantity of canned beef exported in the fiscal year was 64,523,359 pounds, as against 66,688,568 pounds in 1905.

The reduction in exports occurred almost exclusively in the shipments to Japan, which country took largely of American canned beef during the war, but greatly reduced her importation on the disbanding of the army. The exports of canned beef to Japan in the fiscal year 1906 were 2,306,583 pounds, against 14,687,165 pounds in 1905, and in the month of June, 1906, were 34,412 pounds, against 3,611,388 in June, 1905.

Great Britain was the greatest buyer of canned beef, exports to that

country increasing 4,578,185 pounds for the fiscal year, but decreasing for the month of June, 1906.

Of the exports of canned beef for the fiscal year the United Kingdom took 9,939,254 pounds and Belgium 968,972 pounds.

Kaiser's Son to Study in United States. Berlin.—The kaiser's fourth son, Prince August William, will complete his educational training at American institutions. Harvard, Yale, and Cornell are mentioned by those who are laying out his course. After his American course the prince will pass a term at either Oxford or Cambridge, in England. He is to be made particularly proficient in political history, political economy and constitutional and international law.

New Fruit Shows Fight.

London.—A Philadelphia newspaper announces the discovery of an extraordinary fruit which has grown on a native tree known as the carouder. When squeezed it utters a sort of inarticulate cry; when scratched it shudders. It is about the size of a peach, and the paper from which the description is taken suggests that it is part animal and part vegetable.

Water Too Shallow for Speed.

There is no part of the lake and river channel between Cleveland and Detroit where the water is so deep that it does not affect the speed of lake steamers of large size.

Ohio's Productive Fields.

In a good year Ohio grows about nine bushels of wheat for every man, woman and child in the state, a barrel of apples and from 20 to 25 bushels of corn.

Composition of Sealing Wax.

Sealing wax is not wax, nor does it contain a single particle of wax. It is made of shellac and resin melted with turpentine.

Too Funny.

"Mister," said the bruised and battered man, as he entered the newspaper office, "I want you to stop my paper. I can't stand the comic page."

"Why," replied the clerk, in surprise, "our comic page is conceded to be the funniest out."

"That's just it, young man; it is too funny. Why, last night while I was reading some of the jokes in the kitchen, I started to laugh, and, by gum, I laughed so loud I tilted my chair too far back, upset six jars of gooseberry preserves, knocked down the stove and killed the cat. Then the old woman came near killing me; so I reckon you better stop the paper."

He Was Sorry.

Bill.—They say there was an actor at the theater last night who got hit square in the face with an overripe egg.

Jill.—I was there.

"Didn't you feel sorry?"

"Yes, I did. There was a woman sitting in front of me with a big hat, and I didn't see the egg strike him."



WHAT JOY THEY BRING TO EVERY HOME

as with joyous hearts and smiling faces they romp and play—when in health—and how conducive to health the games in which they indulge, the outdoor life they enjoy, the cleanly, regular habits they should be taught to form and the wholesome diet of which they should partake. How tenderly their health should be preserved, not by constant medication, but by careful avoidance of every medicine of an injurious or objectionable nature, and if at any time a remedial agent is required, to assist nature, only those of known excellence should be used; remedies which are pure and wholesome and truly beneficial in effect, like the pleasant laxative remedy, Syrup of Figs, manufactured by the California Fig Syrup Co. Syrup of Figs has come into general favor in many millions of well informed families, whose estimate of its quality and excellence is based upon personal knowledge and use.

Syrup of Figs has also met with the approval of physicians generally, because they know it is wholesome, simple and gentle in its action. We inform all reputable physicians as to the medicinal principles of Syrup of Figs, obtained, by an original method, from certain plants known to them to act most beneficially and presented in an agreeable syrup in which the wholesome Californian blue figs are used to promote the pleasant taste; therefore it is not a secret remedy and hence we are free to refer to all well informed physicians, who do not approve of patent medicines and never favor indiscriminate self-medication.

Please to remember and teach your children also that the genuine Syrup of Figs always has the full name of the Company—California Fig Syrup Co.—plainly printed on the front of every package and that it is for sale in bottles of one size only. If any dealer offers any other than the regular Fifty cent size, or having printed thereon the name of any other company, do not accept it. If you fail to get the genuine you will not get its beneficial effects. Every family should always have a bottle on hand, as it is equally beneficial for the parents and the children, whenever a laxative remedy is required.

60 Bus. Winter Wheat Per Acre That's the yield of Saker's Red Cross Hybrid Winter Wheat. Send in stamps for free sample of same, as also catalogue of Winter Wheat, Rye, Barley, Clovers, Timothy, Grasses, Buds, Trees, etc. for fall planting. H. A. L. & R. RED CO., Box W. L. A. Grange, Wis.

THE DAISY FLY KILLER destroys all the flies and affords comfort to every home—in dining-rooms, sleeping-rooms and places where flies are troublesome. It is a non-toxic, non-staining, non-irritant, will not soil or injure anything. Try them once, you will never be without them. If not kept by dealers, send stamps for 25c. Harold Greene, 140 N. 10th St., Brooklyn, N. Y.

REAL ESTATE. OKLAHOMA and Indian Territory Lands. Unequaled opportunities for homeseekers and investors. Send for price list and maps. A. J. WALLOCK & Co., Oklahoma City, Okla.

W. N. U., OMAHA, NO. 32, 1906.

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

Shirt Bosoms, Collars and Cuffs LAUNDERED WITH Defiance Starch

never crack nor become brittle. They last twice as long as those laundered with other starches and give the wearer much better satisfaction. If you want your husband, brother or son to look dresy, to feel comfortable and to be thoroughly happy use DEFIANCE STARCH in the laundry. It is sold by all good grocers at a package—16 ounces. Inferior starches sell at the same price per package but contain only 12 ounces. Note the difference. Ask your grocer for DEFIANCE STARCH. Insist on getting it and you will never use any other brand.

Defiance Starch Company, Omaha, Neb.

WEIGHING THE BABY

AFTER ITS FIRST BATH WITH CUTICURA SOAP

"10 lbs."

Physicians, Pharmacists, and Nurses endorse Cuticura Soap because of its delicate, medicinal, emollient, sanative, and antiseptic properties derived from Cuticura, the great Skin Cure, united with the purest of cleansing ingredients and most refreshing of flower odors. For preserving, purifying, and beautifying the skin, as well as for all the purposes of the toilet and bath, Cuticura Soap is priceless. Absolutely pure and may be used from the hour of birth.

Are You Just As Well As You Wish to Be?

Every subscriber to Good Health is privileged to submit questions on health topics to the editors. The most interesting of these questions are answered in the Question Box, a monthly department of the magazine. Others are answered by letter without cost.

GOOD HEALTH PUBLISHING CO., BATTLE CREEK, MICH.

REBELLIOUS STOMACHS

It is best for all who are troubled with disorders of digestion to adopt a simple, nutritious diet, ignoring those foods which induce irritable conditions, and strictly adhering to the policy of moderation.

DR. PRICE'S WHEAT FLAKE CELERY FOOD

can be regularly eaten by persons with the most dyspeptic and rebellious stomachs. It is made from the whole grain of the wheat containing no indigestible matter;—regulates the bowels. 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 on every package as a guarantee of brand. Dr. J. C. Price

Absolutely Reliable Always Remington Standard Typewriter

READERS OF THIS PAPER DESIRING TO BUY ANYTHING ADVERTISED IN ITS COLUMNS SHOULD INSET UPON HAVING WHAT THEY ASK FOR. REFUSING ALL SUBSTITUTES OR IMITATIONS. If afflicted with Thompson's Eye Water