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No woman can be expected to talk her best when she is undressing the baby and has her mouth full of safety pins.

The small boy who was raised in the country and wore a flour-sack shirt with the brand "XXX" in the back, makes the silk-splirted city fellow go some when they meet on the highway of life.

Every man is somebody's boy and somebody, somewhere, loves him. It may be a mother, a father, a brother—or it may be only the gray-haired veteran who used to go fishing with him when they were boys, but somewhere there is someone who has not forgotten ten, who will never forget.

Hi, in Town. Hi, Hinecky would not like to live within the city's broad domain. He sez the restaurants they have Give him an awful inward pain.

They charged him 40 cents for beef and ten for coffee—pulled his leg—And kept the doxzone knives so sharp He cut his mouth while eating eggs?

Tickle Grass.



A "cutaway" suit.

Senator Platt should go to Kansas, where there are few woods and no Hay Wood.

Hope to the average man is what cake is to Willie on the night of sister's wedding.

The man who has nothing to strive for will do little striving. Incentive makes the world's progress.

There is talk of a milliners' strike in Chicago. Mercy, no, no! Why, only nine-tenths of the feminine population have their merry widow hats yet!

An Iowa girl asked her beau if he heard their train coming. "I am a 'freight' not," he replied, and now she won't speak to him. She says a man that will get off a pun like that isn't to be trusted.

Longing. A boy and a dog—they are chums today—And always, forever, no matter the way. The boy will remember the dog he had And wish for him back that he may be glad!

In Jovial Mood. The discouraged man is not worth his salt in any field of labor.

A fireman's hose usually is white, but it is seldom drop-stitched.

Sin may pay as a one night engagement, but in the long run it closes the theater.

Though we have progressed in the science of light since Diogenes searched with his lantern for an honest man, it is almost as hard to find this paragon now as the old philosopher found it to be then. It is meet therefore, that when we find an honest man, we should reverence him. The world to-day is suffering for honest men. The young man who builds his success upon honor and honesty, will find a useful and a busy career awaits him.

Opinions. His folks said he was too good To marry Miss Sophina Pratt. Her folks gazed, "Ain't it a shame To throw herself away like that?"

Put the people of the town They laughed and shook their heads: "Ahem, 'Twould be a crying shame, too bad, To spoil two families with them!"

Not Always. A mother should remember, though the knowledge makes her sad, That sometimes it is not only the neighbor's boy that's bad!

Byron Williams

Why Men Refuse to Teach. The teacher may have a personality that commands respect in spite of his calling, but outside of his especial work he is regarded by business men slightly as an improvident visionary.—Educational Review.

One Original Saxon Crypt. The only complete and unaltered Saxon crypt in Great Britain is that at Hexham abbey, it being built wholly of Roman stones, there being also many Saxon stones imbedded in the new walls of the building.

REAL CROSS-COUNTRY RUN

REMARKABLE NEW YORK-CHICAGO RELAY RACE BY Y.M.C.A. BOYS.



PASSING THE MESSAGE

One of the most interesting and unique athletic events of the summer will be the 1,000-mile cross-country relay race which is to be pulled off by the Y. M. C. A. boys between New York city in the east and Chicago in the west. Two thousand trained, fleet-footed runners each in turn catching on the fly the message sent by Mayor McClellan of the eastern city and speeding it on its westward journey. The entrants for the race have been carefully selected from the fleetest gymnastics of the Young Men's Christian associations of New York and Chicago, and by those of the numerous other branches of the association which line the 1,000-mile route.

It will be a race against time, a contest between the flying feet of the young athletes and the fugitive hours. But although the race is against time there will be the zest of keen rivalry to spur the racers on. An automobile carrying official timekeepers will follow the racers over the entire route, making careful record of the speed of each relay. Besides this individual rivalry there is the rivalry of the numerous associations, each hoping that as a body its champions will show a higher average than the others.

The direct mail route to Chicago is 900 miles. The more winding highways that the boys will traverse is estimated at 1,000 miles. There will be nearly 2,000 boys in the race, and it is expected that it will be run well within five days.

The start will be made from the city hall of New York at nine o'clock on the morning of July 15. There the speediest runner of the Twenty-third street branch of the Young Men's Christian association will receive from Mayor McClellan a message addressed to Mayor Busse of Chicago. The message will be inclosed in a silver tube. The starter will give the signal, and the youth will sprint up Broadway, followed by the automobile which is to accompany the racers to Chicago.

The route will be up Broadway, and at a half-mile from the starting point the bearer of the silver tube will toss it to the fleet-footed youngster awaiting him there, and he in turn will set a flying pace to the next half-mile point where another eager youth will snatch the tube and after his half-mile race will pass it to the next in the relay line. So it will go day and night until the tube, which by the time it has reached Chicago will have passed through nearly 2,000 hands, is delivered to the mayor of that city.

"Owing to the continuous course of training which our boys undergo," said Mr. A. A. Jameson, boys' work director of the Twenty-third street branch of the Young Men's Christian association, New York city, "it would be quite possible for us to pull this race off in a week. We have extended the time of the start, however, because of necessary road arrangements and the appointment of district superintendents. Our tryouts have revealed the fact that the boys' average speed is about 2.48 for every half mile. Making allowances for possible bad weather and poor roads, it is expected that the average speed of the race of 1,000 miles or more will be about a mile in eight minutes. When you come to consider that the age limit of the contestants is 18 years, and as the majority of these will not be over 15 years old, the plan becomes a significant test in athletics. The time I have mentioned will undoubtedly be improved, and by rough calculation we assume that the race will be run in five days. The first part of the race will be from city hall, New York city, to city hall, Yonkers, a boy being stationed at that distance for every half mile. We average a distance from New York to Yonkers at 18 miles, which will be covered by 25 or 30 of our New York city boys.

"The schedule of our course from New York to Buffalo will be as follows: New York to Yonkers, Ossining, Newburg, Poughkeepsie, Rhinebeck, Catskill, Hudson, Albany, Troy, Schenectady, Johnstown, Little Falls, Utica, Rome, Syracuse, Auburn, Geneva, Canandaigua, Rochester, Batavia, Buffalo. The western division of the race will be in charge of Mr. M. D. Crackel, director of the West Side Boys' club of the Young Men's Christian association of Cleveland, O., who will direct the course from his town to the city hall in Chicago. Mr. Crackel deserves the credit of being the originator of this plan, as the outcome of the cross-country race he organized among his boys from Cleveland to Erie. Each boy will wear the athletic dress of the Young Men's Christian association, and will stand ready at his post to take the message from the hand of the boy who has just finished his half mile and dart off with it at full speed. An automobile will accompany each runner with an official timekeeper, who will register his time. In this automobile there will also be a relief runner, who in case of accident will jump out

and carry the message at top speed. We have tried to figure out all obstacles that might prevent a complete success of this race as a test trial of speed against time. We choose the week of July 15 in the hope that we shall have moonlight nights to help the boys along on their night runs, and every boy's department of the Young Men's Christian association which is on the route of the relay race is training every day for the contest.

Dr. George D. Fisher, the senior secretary of the physical department of the international committee of the Young Men's Christian association, will be the official starter of the race. He said that nearly 2,000 boys would take part in it. Each of these, he explained, will be a representative American boy and a representative association member—that is, he will not be selected because of physical fitness alone, but because he qualifies from a fourfold standpoint of fitness. In other words, he will be a representative boy in mental equipment, in moral attainment, and in character; thus it will be truly a race by representative American boys.

"I approve of this race for adolescents," Mr. Fisher added, "because each boy will run only the distance of a half mile. Each will be subjected to a physical examination, and to avoid undue exposure the boys will be taken care of before and after the race in automobiles.



ONE OF THE TWO THOUSAND

The race represents a test of achievement. It is a scheme which requires co-operation; each boy will have to observe the rules to the letter or the whole scheme is a failure. It will demand pluck; each boy will have to finish his own race, and will have entrusted to him the responsibility of carrying a message noble in sentiment from a high official of one great city to another. It will create interest in wholesome, clean sport in which the only aim is noble achievement, the eligibility rules like those of the Olympiad, and the service void of personal gain or individual prestige.

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HEALTH FADS NOT NEW.

Dietetic Vagaries Were Practiced by Our Grandfathers.

What's the use of trying to be original? What man does to-day, his notions, his fads, were practiced yesterday, in the dim past, and if they vary a little, the same idea animates them all. For instance, the "new" fad, Fletcherism and the one meal a day, were preached centuries ago. Books on hygiene were concocted in the time of Shakespeare. Have you ever read "The Breviary of Health," compiled by "Andrew Boorde, Doctor of English Phisickian English man," printed at London, 1587? Because, in this quaint, black letter volume, are found many of the ailments which still afflict us, with the same advice that the specialist and the faddist bestow to-day upon a suffering world. This "one meal a day" is advised by Dr. Andrew Boorde, but he calls it "abstinence," and also cautions the gentle readers to eat with slowness; he fails to mention, nevertheless, the advantage of going without one's breakfast, and would never approve of the well known western lawyer, who goes to his important labors daily without breaking his fast and is, nevertheless, a model of physical and intellectual vigor. "The Breviary of Health" must be numbered among the curiosities of literature, but it will not be found on the shelves of the Boston public library. This is the only copy in America as far as known, and was the property of a reverend country doctor in Plymouth county. It doubtless served to preserve the health of our pilgrim fathers, and to help the mothers bring up their families.—Boston Herald.

Millions of Matches Used. The civilized nations of the world strike 3,000,000 matches every minute of the 24 hours. Americans use up 700,000,000,000 a year. Some of the match plants are very large, one on the Pacific coast covering 240 acres, with 32 miles of railroad which supply the match machines with 200,000 feet of sugar pine and yellow pine logs a day.

How a Blind Student Works.

Columbia university has some blind men students in which the public has taken great interest, but it is not generally known that Bernard has a blind student, too. Her name is Margaret Hogan, and she attends lectures regularly in the company of her reader, Miss Ruth Carroll, a fellow-student. Miss Carroll takes the notes, and afterwards reads them to Miss Hogan, who transcribes them on the typewriter in the embossed type used by the

blind and studies them at her leisure. Miss Carroll also reads to Miss Hogan such other things as are not to be obtained in the blind prints, and Miss Hogan writes them on the typewriter. Her themes and essays she prepares on an ordinary typewriter such as sighted people use.

HEALTH BRINGS HAPPINESS.

Invald Once, a Happy Woman Now.

Mrs. C. R. Shelton, Pleasant Street, Covington, Tenn., says: "Once I seemed a helpless invalid, but now I enjoy the best of health. Kidney disease brought me down terribly. Rheumatic aches and pains made every move painful. The secretions were disordered and my head ached to distraction. I was in a bad condition, but medicines failed to help. I lost ground daily until I began with Doan's Kidney Pills. They helped me at once and soon made me strong and well." Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

SHE BAMBOOZLES HIM.



Mrs. Caller—You surely don't always give your husband a necktie on his birthday? Mrs. Athome—Yes, I do, and the poor dear doesn't even know it's the same one each time!

DOCTOR SAID "USE CUTICURA"

In Bad Case of Eczema on Child—Disease Had Reached a Fearful Stage—His Order Resulted in Complete Cure.

"When I was small I was troubled with eczema for about three months. It was all over my face and covered nearly all of my head. It reached such a state that it was just a large scab all over, and the pain and itching were terrible. I doctored with an able physician for some time and was then advised by him to use the Cuticura Remedies which I did and I was entirely cured. I have not been bothered with it since. I used Cuticura Soap and Cuticura Ointment but do not know exactly how much was used to complete the cure. I can safely say that Cuticura did a lot for me. Miss Anabel Wilson, North Branch, Mich., Oct. 20, 1907."

The Word of Excuse.

Ascum—I've often wondered what a diplomat really means when he speaks of expediency. Wise—Usually it means that his diplomacy has failed.

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.

A Cold Lunch.

The pupils of a distinguished professor of zoology, a man well known for his eccentricities, noted one day two tidy parcels lying on their instructor's desk as they passed out at the noon hour. On their return to the laboratory for the afternoon lecture they saw but one. This the professor took carefully up in his hand as he opened his lecture.

"In the study of vertebrata we have taken the frog as a type. Let us now examine the gastrocnemius muscle of this dissected specimen." So saying the professor untied the string of his neat parcel and disclosed to view a ham sandwich and a boiled egg.

"But I have eaten my lunch," said the learned man bewilderedly.—Lippincott's.

A Good Turn.

"Here, wake up," cried Subbuss, appearing on his porch in his pajamas. "You've got a nerve to be sleeping in our hammock." "Nerve?" replied the hobo, sleepily. "Why, I'm a benefactor; if it wasn't for me holdin' dis hammock down de mosquitoes would 'a' lugged it off long ago."

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Without labor there is no arriving at rest, nor without fighting can the victory be reached.—Thomas a Kempis.

SMALL THING HE FORGOT.

May Have Accounted for His Proposal Being Turned Down.

Senator Beveridge described, at a dinner, an absent-minded farmer. "The man was so absent-minded," he said, "that he couldn't open his mouth without making an arrant ass of himself."

"Once he courted a young woman. His suit looked promising for a time. Then, with a sorrowful visage, he ceased his courtship."

"Yet she seemed infatuated with you, Jabez," said I, one day when he came to me for sympathy.

"She were, too," Jabez agreed. "Well, what could have been the trouble?" "Dunno," said he. He filled his pipe. "Dunno; but when I proposed, she turned me down cold."

"Perhaps your proposal wasn't ardent enough?" I suggested.

"Oh, it was fiery," said Jabez. "Hot as pepper. I told her she was the only woman I'd ever loved, ever looked at, ever thought of, or—"

"But, said I, 'you forgot, then, you were a widower.'"

"Jingo," said Jabez, "so I did."

ASKING FOR ONE.



He—If we were not in a canoe I would kiss you. She—Take me ashore instantly, sir!

Smokers appreciate the quality value of Lewis' Single Binder cigar. Your dealer or Lewis' Factory, Peoria, Ill.

No man on earth is rich enough to enjoy paying taxes.

SICK HEADACHE

Positively cured by these Little Pills. They also relieve Distress from Dyspepsia, Indigestion and Bowel Inaction. A perfect remedy for Dizziness, Nausea, Headache, and all the ailments of the Stomach, Liver and Bowels. Purely Vegetable.

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Mrs. Frank Stroebe, R. F. D. 1, Appleton, Wis., writes: "I began using Peruna a few months ago, when my health and strength were all gone, and I was nothing but a nervous wreck, could not sleep, eat or rest properly, and felt no desire to live. Peruna made me look at life in a different light, as I began to regain my lost strength."

"I certainly think Peruna is without a rival as a tonic and strength builder."

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It tells How to Measure a Roof; How to Make "Valleys" and "Gutters"; How to Lay Heppes No-Tar Roofing Around Chimneys ("Chimney Flashing"), or over old Shingle Roofs, or up against the side of a building with a fire-wall ("Wall Flashing"), or how to apply No-Tar to the sides or interior of buildings, and a great many other practical points. The roofing knowledge you get out of this book is valuable—you can't get it anywhere else. Best of all, the book explains the process of making Heppes No-Tar Roofing—the grandest substitute for shingles ever known, because it gives ten times the protection against time, water, sparks, heat and cold, at a mere fraction of the cost of shingles. Write us a postal for Free Roofers' Book.

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Used on All Farm Buildings

Heppes No-Tar Roofing is used on Houses, Barns, Sheds, Granaries, Hog Houses, Cow Barns, Silos, Poultry Houses, Ice Houses, Carriage Houses, Wagon Sheds, Cribbs and all other farm buildings. Cover the sides of buildings as well as roofs with it. It will pay big returns on the investment.

Unlike shingles, it does not crack, curl or rot. Unlike tin or galvanized iron, it does not rust, blow off or deteriorate. It needs no repairs and lasts as long as the building.

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The Popularity of Heppes No-Tar Roofing extends from ocean to ocean. Ours is the fastest-growing roofing business in the world. Dealers everywhere sell our roofing.

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Heppes No-Tar Roofing is put up in compact rolls 36 inches wide, and in 1-ply, 2-ply and 3-ply weights. Each roll contains two "squares" or 216 square feet. Each "square" is guaranteed to cover 100 square feet of surface, including a 2-inch overlap. (It is also put up in 1-square rolls.) Free Cement for Seams and Free Large-headed Nails, with Instructions, are packed in the hollow center of each roll. Easy to lay—no experience necessary.

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It does not contain Wood pulp, or rosin, or oil. No-Tar is not an "imitation" roofing—it's the real thing! Send today for Free Roofers' Book.

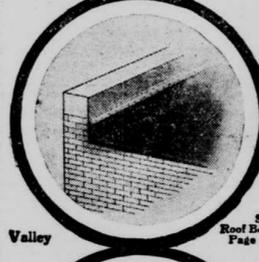
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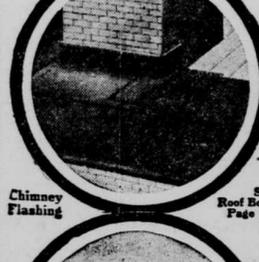
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Wall Flashing See Roof Book Page 13



Valley See Roof Book Page 13



Chimney Flashing See Roof Book Page 15



Over Old Shingles See Roof Book Page 5

