

Why does Great Britain buy its oatmeal of us?

Certainly it seems like carrying coals to Newcastle to speak of exporting oatmeal to Scotland and yet, every year the Quaker Oats Company sends hundreds of thousands of cases of Quaker Oats to Great Britain and Europe.

The reason is simple; while the English and Scotch have for centuries eaten oatmeal in quantities and with a regularity that has made them the most rugged physically, and active mentally of all people, the American has been eating oatmeal and trying all the time to improve the methods of manufacture so that he might get that desirable foreign trade.

How well he has succeeded would be seen at a glance at the export reports of Quaker Oats. This brand is recognized as without a rival in cleanliness and delicious flavor.

WHERE IT WORKED.



"While we were on our honeymoon I always spoke French to my husband, so that no one should understand us." "So you went to France, did you?"

EPIDEMIC OF ITCH IN WELSH VILLAGE

"In Dowlais, South Wales, about fifteen years ago, families were stricken wholesale by a disease known as the itch. Believe me, it is the most terrible disease of its kind that I know of, as it itches all through your body and makes your life an inferno. Sleep is out of the question and you feel as if a million mosquitoes were attacking you at the same time. I knew a dozen families that were so affected.

"The doctors did their best, but their remedies were of no avail whatever. Then the families tried a druggist who was noted far and wide for his remarkable cures. People came to him from all parts of the country for treatment, but his medicine made matters still worse, as a last resort they were advised by a friend to use the Cuticura Remedies. I am glad to tell you that after a few days' treatment with Cuticura Soap, Ointment and Resolvent, the effect was wonderful and the result was a perfect cure in all cases.

"I may add that my three brothers, three sisters, myself and all our families have been users of the Cuticura Remedies for fifteen years. Thomas Hugh, 1650 West Huron St., Chicago, Ill., June 29, 1909."

Whiskers.

A Roman poet told of the pride one of the late Caesars took in his great whiskers. On some of the wildwood Hill Billies I have seen beards some feet long, a switch of the loose ends hanging out from under the waistcoat. Others braided the growth and tied it around the neck, while still others braided it around the waist, tying it behind like apron strings. One told me he combed and plaited his every night, and put it away into a long linen bag or nightgown, so as to keep it from getting all tangled up with his wife and his feet.—New York Press.

Professional Conduct.

One of the best stories told about Mr. Birrell concerns a poor client, whose case he took up for nothing. When the case had been won, the client gratefully sent him the sum of 15s, which he accepted in order not to give offense. A colleague reproached him, however, for this "unprofessional conduct" in taking less than gold. "But I too call the poor beggar had," said Mr. Birrell, "and I consider that is not unprofessional."—M. A. P.

How It Struck Him.

"Behold the wondrous beauties of yon sunset sky," exclaimed the poet. "How prodigal nature is with its resplendent glories!"

"Yes," answered the busy publisher, in an absent-minded tone, "it is going some to throw in a colored supplement every day."

INSOMNIA

Leads to Madness, if Not Remedied in Time.

"Experiments satisfied me, some 5 years ago," writes a Topeka woman, "that coffee was the direct cause of the insomnia from which I suffered terribly, as well as the extreme nervousness and acute dyspepsia which made life a most painful thing for me.

"I had been a coffee drinker since childhood, and did not like to think that the beverage was doing me all this harm. But it was, and the time came when I had to face the fact, and protect myself. I therefore gave up coffee abruptly and absolutely, and adopted Postum as my hot drink at meals.

"I began to note improvement in my condition very soon after I took on Postum. The change proceeded gradually, but surely, and it was a matter of only a few weeks before I found myself entirely relieved—the nervousness passed away, my digestive apparatus was restored to normal efficiency, and I began to sleep, restfully and peacefully.

"These happy conditions have continued during all of the 5 years, and I am safe in saying that I owe them entirely to Postum, for when I began to drink it I ceased to use medicine." Read the little book, "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

Hidden Bits of American History

By Edward B. Clark

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THE headquarters of the Daughters of the American Revolution are situated in Washington. These women, who are engaged in the work of keeping alive patriotic memories, have in a nearly completed form, one of the most beautiful buildings in the capital city.

If the forming of the many societies in which membership is based on the having of an ancestor who fought or did something else for his country a century or so ago serves no other purpose, it at least is the means of bringing to light some more than half hidden bits of American history too interesting to be lost either to sight or memory. For the last few years the genealogy departments of the Congressional library and of the reference libraries all over the country have been more popular with the masses than any other rooms in the buildings. There are gathered daily throngs composed of the five-sixths part of women studying away for dear life in the endeavor to find trace of some ancestor who saw the whites of the British eyes at Bunker Hill or at the Cowpens in the Carolinas.

The discoveries made by these del-



BENEDICT ARNOLD

ers into family histories, if put into a volume, would form a valuable addition to the graver records of a government. Some matters touching Benedict Arnold, which were perhaps well enough known a century ago, but which have lapsed into forgetfulness, were found not long ago by a "revolutionary daughter" who for certain reasons was trying to find something to lighten Benedict's black history.

When it is once said with truth that a man is a traitor to his country the damnation is deep enough to keep his contemporaries and a following generation or two from any attempt to find anything that might redeem the traitor's soul from utter blackness. Benedict Arnold's name is blotted out of the revolutionary roll of honor on the walls of the chapel at West Point. On some monuments and on many a page of history Arnold's name appears, but nowhere may it be seen separated from the title "traitor."

The English, who were to have profited by Arnold's treason, hated the traitor after he had joined their ranks. British officers would hold no fellowship with him and his memory is execrated in England to-day. The British loyalists who left the colonies at the outbreak of the revolutionary war and went their way into New Brunswick showed Arnold when he afterward went to dwell among them that they held him in nothing short of loathing. Arnold has been likened unto Nero and Nero has gained by the comparison. Nero merely added as Rome went up in flames, while Arnold is pictured as smiling exultantly at the burning under his orders of his birthplace and at the subsequent putting of many of the surrendered Americans to the sword.

It is told that when New London and Groton were attacked and burned Arnold, commanding the attacking forces, had no word of reproach for the officer who, upon receiving the sword of Col. William Ledyard, the American commander, in token of surrender, murdered the colonial soldier with the weapon which he had presented hilt on



to his conqueror. This is the midnight scroll and that upon it may appear a small tracing in letters of light is a matter of interest, though it may do nothing toward the redeeming of a name.

It was a Daughter of the Revolution, Mrs. Gilbert W. Warren of Hlon, N. Y., who brought attention to a well-nigh forgotten fragment of Arnold's history. Mrs. Warren, who died recently, was a descendant of Col. William Ledyard, who was killed with his own sword after he had surrendered it to an officer serving under Arnold. Naturally Mrs. Warren would not be moved by any hereditary love for Arnold to start her digging up nice things about him. It happens, however, that Mrs. Warren's husband, who survives her, is collaterally descended from Gen. Joseph Warren, who fell at Bunker Hill. This fact led to the discovery of something which was used as a sort

of offset to Arnold's treatment of the unlucky Americans who met his forces along the banks of the Connecticut Thames. Gen. Arnold had met Gen. Warren in the early spring of 1775 and had formed a strong personal liking for him. When Warren was killed it was found that he had left no means for the support and education of his four children. Arnold became deeply interested in the matter and brought the children's condition to the attention of the continental congress, which promised to do something for the little ones, but dilly-dallied over the matter. Arnold had an idea that the congress might not act quickly and so he wrote a letter of tender solicitude to Mercy Schollay, who was caring for the Warren children, their mother having died some time before. In this letter Arnold, nearly impoverished himself, sent an order for \$500 with instructions that he should be drawn upon for more as soon as it was needed. This contribution of the traitor saved Elizabeth, Joseph, Mary and Richard Warren from destitution. Arnold was not satisfied with this, but he wrote spurring letters to Sam Adams and John Hancock, of the committee which had the proposed congressional appropriation in hand. Then he sent home some money and said: "Send Richard, who is now old enough to the best school that can be found, clothe him handsomely, give him all that he needs and call upon me for any future expense."

How much food for thought may be found in one of the letters of Benedict Arnold, traitor, written to Miss Schollay just before his treason. He had sent more money and had congratulated the children on the prospect that the money from congress would be speedily forthcoming. "A country," said Arnold, "should be ever grateful to the patriot who lays down his life in its defense. 'Greater love hath no man than this.'"

What surging thought must have whirled this man's brain as he wrote these words. That letter was received just at the time that Arnold

began negotiations with Clinton. School histories say that after the revolution Arnold passed all his time in England. He lived, however, for a long period in St. John, New Brunswick. There he engaged in commercial pursuits, sending out trading vessels to the West Indies. His neighbors, though, as has been said, were largely refugees; had stood by king and crown. They gave Arnold to understand that they did not like his company. They hanged him in effigy once or twice, taking care that the effigy bore the word "Traitor" in large letters. One night Arnold's place of business burned. It was heavily insured. The companies refused to pay, openly charging that either Arnold or his son had acted the incendiary. The case went into the courts and the insurance companies finally paid. Arnold pocketed the money and left the town, the occasion of his leaving being made one of tremendous rejoicing by the inhabitants throughout all the land.

It will be interesting to note whether in the new chapel which is being erected at West Point the name of Gen. William Hull will appear on the wall with the names of other officers who served in the land forces of the United States during the second war with Great Britain. Gen. Hull surrendered Detroit to the English and afterward was court-martialed for doing it.

The Society of the War of 1812, it is understood, will have charge of the work of placing the tablets in West Point's new chapel. The officers' names, like the names of those officers who served in the revolutionary war and which have a place on the walls of the old chapel, probably will appear in letters of gold upon a black basis.

School histories as a rule, in giving an account of the Detroit surrender, state simply that Gen. Hull's action was considered cowardly. The fact that he was tried and sentenced to be shot for cowardice is generally omitted. Hull was ordered to go to his Massachusetts home and there await the execution of his sentence. Old age "executed" him many years afterwards. It is probable that the commemorating society will content itself with simply omitting Hull's name from its list, by which Hull's conduct, characterized as cowardly by a competent court, could be made to stand as a warning to all the generations of young soldiers.

Occupying a considerable part of the wall space of the beautiful old West Point place of worship there are already many black marble memorials bearing the names of all the general officers of the revolutionary war from Artemus Ward of Connecticut to George Washington of Virginia. Upon one of these tablets the cadets as they file in on Sunday see something which tells better than the words of trumpet-tongued eloquence of the black ignominy which attaches to the name of a traitor. On one of the slabs occupying a place between two honored names there appears a black blot. Above and below it show the tips of gold letters. Enough of the lettering is visible to let the observer know after a moment's study that which it is intended in the main to conceal. A black blot of marble set in transversely across the golden capitals blots out forever from the roll of honor the name of Benedict Arnold, traitor.

Touching on the treason of Benedict Arnold, there is a little-known story which had for the scene of its action the four years of the war of secession. In response to the first call of Abraham Lincoln for troops a young man appeared at a Detroit recruiting office and enlisted. He went to the front and in the course of six months was made a commissioned officer. He was of a retiring disposition, always courteous to his fellow officers and just to his men, but he sought no close friendships. He was noted throughout the command as a man whose devotion to duty amounted to a passion. He once sought and secured a change in command in order to have a more frequent hand in the heavy fighting.

This soldier rose to the rank of a major. He was offered at one time a colonelcy. He declined. He fought in every battle of the later Richmond campaign and was in at the end at Appomattox. The major headed his battalion in the great parade of the returning victors up Pennsylvania avenue. Then there came the final mustering out of the troops. Less than a month afterward the colonel of a fighting regiment received a letter bearing a Toronto postmark: "I served all through the war under an assumed name. I trust that I did my full duty. I wish you to know that I did what I did in order that I might in some way make atonement for the deed of one of my family. Sir, I am a Canadian by birth and my name is John Benedict Arnold."

HER WEIGHT INCREASED FROM 100 TO 140 POUNDS.

Wonderful Praise Accorded Peruna the Household Remedy

Mrs. Maria Goertz, Orienta, Oklahoma, writes:

"My husband, children and myself have used your medicine, and we always keep them in the house in case of necessity. I was restored to health by this medicine, and Dr. Hariman's invaluable advice and books. People ask about me from different places, and are surprised that I can do all my household work alone, and that I was cured by the doctor of chronic catarrh. My husband was cured of asthma, my daughter of earache and catarrh of the stomach, and my son of catarrh of the throat. When I was sick I weighed 100 pounds; now I weigh 140.

"I have regained my health again, and I cannot thank you enough for your advice. May God give you a long life and bless your work."

TOO LATE.



"This—What's the time, please?"
Victim—Much too late for you. Your pal just got my watch.

BREAKS A COLD IN A DAY

And Cures any Cough that is Curable. Noted Physician's Formula.

This is said to be the most effective remedy for coughs and colds known to science. "Two ounces Glycerine; half ounce Concentrated Pine; Put these into half a pint of good whiskey and use in doses of ten-penny to a table-spoonful every four hours. Shake bottle well each time." Any druggist has these ingredients in stock or will quickly get them from his wholesale house. The Concentrated Pine is a special pine product and comes only in half ounce vials each enclosed in an air tight case; But be sure it is labeled "Concentrated." This formula cured hundreds here last winter.

He Asked Too Much.

They had been engaged for exactly 47 seconds by the cuckoo clock.

"Clara, dear," queried the happy youth, who had a streak of romance running up and down his person, "will you promise to love me forever?"

"I'd like to, George," replied the practical maid, "but I really don't expect to live so long."

\$100 Reward, \$100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hill's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hill's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer one hundred dollars for any case that it fails to cure. Send for list of testimonials. Address F. J. CHENEY & CO., Toledo, O. Sold by all Druggists. Take Hill's Family Pills for constipation.

Natural.

"What is loaf sugar?" inquired Mrs. Justhitch.

"Why, it's sugar in the form of loaves, I suppose," answered her spouse. "Why?"

"I was wondering," said Mrs. J., "if that was what they made sweetbreads of."

Important to Mothers.

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *Wm. C. Little*.

In Use For Over 30 Years.

The Kind You Have Always Bought.

Slight Error.

"Nevertheless," said the young Roman, "he is an ambitious poet. He would serve the muses all his life."

"But," replied his elder, "he makes the mistake of supposing that Bacchus is one of the muses."—Catholic Standard and Times.

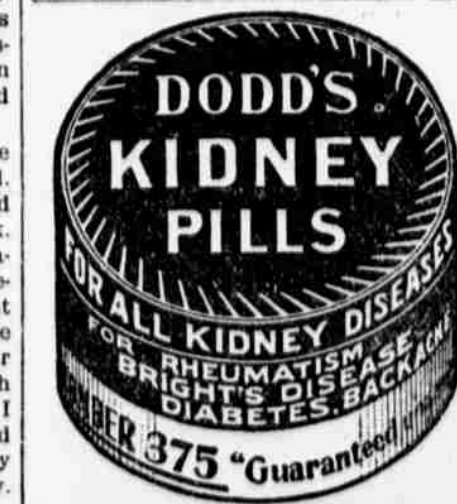
We are not to blame because you suffer from Rheumatism or Neuralgia, but you are if you do not try Hall's Wizard Oil. It quickly soothes and allays all pain, soreness and inflammation.

Awful Thought.

"When I leave here I shall have to depend on my brains for a living."
"Don't take such a pessimistic view of things."—Cornell Widow.

Dr. Pierce's Pleasant Pellets regulate and invigorate stomach, liver and bowels. Sugar-coated, tiny granules, easy to take. Do not gripe.

Low shoes and high heels may be fashionable extremes.



DEFIANCE STARCH