

A WOMAN'S MISERY.

Mrs. John La Rue, of 115 Paterson Avenue, Paterson, N. J., says: "I was troubled for about nine years, and what I suffered no one will ever know. I used about every known remedy that is said to be good for kidney complaint, but without deriving permanent relief. Often when alone in the house the back ache has been so bad that it brought tears to my eyes. The pain at times was so intense that I was compelled to give up my household duties and lie down. There were headaches, dizziness and blood rushing to my head to cause bleeding at the nose. The first box of Doan's Kidney Pills benefited me so much that I continued the treatment. The stinging pain in the small of my back, the rushes of blood to the head and other symptoms disappeared."



Doan's Kidney Pills for sale by all dealers. 50 cents per box. Foster-Milburn Co., Buffalo, N. Y.

Men's Heroines Generally "Cats."

The heroine of the average male novelist is intensely irritating to the ordinary female reader—she is generally a cat, often underbred, and even when her manners and methods and morals are nominally satisfactory you are left with the firm conviction that, if she happened to be on your visiting list, you would find her either dull or disagreeable, or both!—Dora D'Espaigne Chapman in London Globe.

Swordsmanship in England.

Swordsmanship in one or the other of its forms is making marked progress in England. New salles d'armes are being opened and fresh clubs formed year by year in London and the provinces, and international matches have been arranged in which the English teams at least borne themselves well.

Hereros Cattle.

The native cattle of the Hereros in Southwest Africa, are tall, lean, long-horned and of little value for beef or milk, but they are excellent for riding and drawing loads, and, like camels, can travel for days without water and with little food. They are guided by reins attached to a stick through the nose.

Grease the Nails.

Not long ago I saw a person trying to drive a nail through a piece of seasoned oak an inch and a half thick. This was impossible until I suggested he grease the nail. It was then driven easily and without bending.—National Magazine.

The Best He Had.

"Is this the best claret, Murphy?" asked the Irishman of his butler. "It is not, sorr," was the answer, "but it's the best ye've got."

Greenland now has nearly 12,000 inhabitants.

FROM SAME BOX

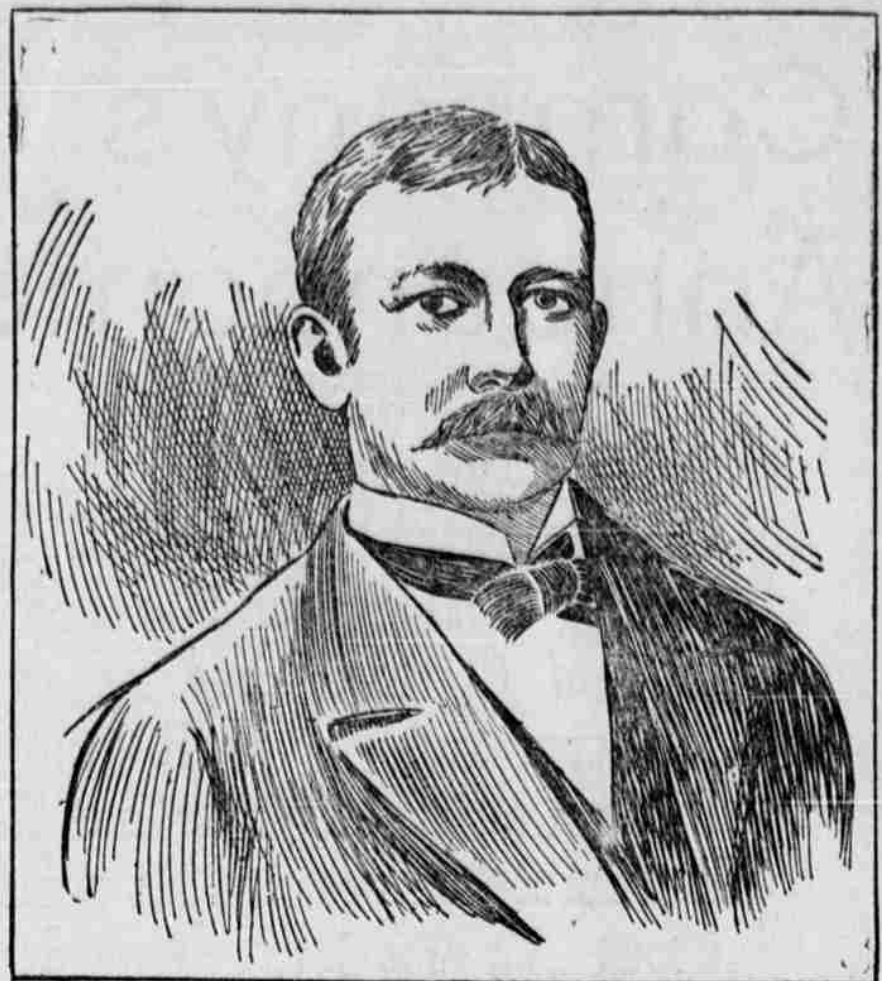
Where the Foods Come From.

"Look here, waiter, honest now, don't you dip every one of these flaked breakfast foods out of the same box?" "Well, yes, boss, we duz, all 'cept Grape-Nuts, cause that don't look like the others and people know 'zackly what Grape-Nuts looks like. But there's 'bout a dozen different ones named on the bill of fare and they are all thin rolled flakes so it don't make any difference which one a man calls for, we just take out the order from one box."

This talk led to an investigation. Dozens of factories sprung up about three years ago, making various kinds of breakfast foods, seeking to take the business of the original prepared breakfast food—Grape-Nuts. These concerns after a precarious existence, nearly all failed, leaving thousands of boxes of their foods in mills and warehouses. These were in several instances bought up for a song by speculators and sold out to grocers and hotels for little or nothing. The process of working off this old stock has been slow. One will see the names on menus of flaked foods that went out of business a year and a half or two years ago. In a few cases where the abandoned factories have been bought up, there is an effort to resuscitate the defunct, and by copying the style of advertising of Grape-Nuts, seek to influence people to purchase. But the public has been educated to the fact that all these thin flaked foods are simply soaked wheat or oats rolled thin and dried out and packed. They are not prepared like Grape-Nuts, in which the thorough baking and other operations which turn the starch part of the wheat and barley into sugar, occupy many hours and result in a food so digestible that small infants thrive on it, while it also contains the selected elements of Phosphate of Potash and Albumen that unite in the body to produce the soft gray substance in brain and nerve centers. There's a reason for Grape-Nuts, and there have been many imitations, a few of the article itself, but many more of the kind and character of the advertising. Imitators are always counterfeiters and their printed and written statements cannot be expected to be different than their goods.

This article is published by the Postum Co. at Battle Creek. Additional evidence of the truth can be supplied in quantities.

ELIHU ROOT TAKES UP PORTFOLIO OF STATE



ELIHU ROOT

Elihu Root, whose acceptance of the portfolio of secretary of state is officially announced, was war secretary under President McKinley after the retirement of Russell A. Alger. He is a warm friend and companion of President Roosevelt. He was born in 1845, the son of a professor at Hamilton college. He was first a school-teacher and then a lawyer. In personality Mr. Root is inclined to be austere and very much under self-control. Since March, 1883, when he was appointed by President Arthur

United States attorney for the southern district of New York, Mr. Root has been almost continuously concerned in public affairs. He occupied that position until 1885. In 1894 he was delegate to the state constitutional convention and chairman of the judiciary committee. Aug. 1, 1899, he was appointed secretary of war by President McKinley and was reappointed March 5, 1901. He resigned in August, 1903, to take effect Jan. 1, 1904. Mr. Root was one of the leading members of the Alaskan commission.

MANY CHANGES IN CABINET.

How the Various Portfolios Have Been Transferred.

Following are the complete records of cabinet changes since McKinley's accession to the White House, March 4, 1897:

- Secretary of State—John Sherman.
- Treasurer—Lyman J. Gage.
- Secretary of War—Russell A. Alger.
- Attorney General—Joseph McKenna.
- Postmaster General—James Albert Gary.
- Secretary of the Navy—John D. Long.
- Secretary of Agriculture—James Wilson.
- Secretary of the Interior—Cornelius N. Bliss.

John W. Griggs succeeded McKenna January 31, 1898; William R. Day succeeded Sherman April 2, 1898; John Hay succeeded Day September 20, 1898; Elihu Root succeeded Alger August 1, 1899; Charles Emory Smith succeeded Gary April 21, 1898; Ethan Allen Hitchcock succeeded Bliss December 21, 1898; Philander C. Knox succeeded Griggs as Attorney General April 19, 1901.

Roosevelt Cabinet.

- Theodore Roosevelt accessed to presidency September 14, 1901.
- Leslie M. Shaw succeeded Gage February 1, 1902.
- Henry C. Payne succeeded Smith January 8, 1902.
- William H. Taft succeeded Root February 1, 1904.
- William H. Moody succeeded Long May 1, 1902.
- On February 16, 1903, the Department of Commerce and Labor was created, with George B. Cortelyou as its head, and given a seat in the cabinet.
- Moody succeeded Knox as Attorney General July 1, 1904.
- Robert J. Wynne succeeded Payne as Postmaster General October 10, 1904.
- Paul Morton succeeded Moody in Navy Department July 1, 1904.
- Charles J. Bonaparte succeeded Morton July 1, 1905.
- Victor M. Metcalf succeeded Cortelyou as head of Department of Commerce and Labor July 1, 1904. Cortelyou becoming Chairman of the Republican National Committee.
- Cortelyou succeeded Wynne as Postmaster General March 7, 1905.

WOMEN SLAVES OF FASHION.

Henry Labouchere Severe on Present Day Modes.

Henry Labouchere, the audacious editor of Truth, which is a periodical read by fashionable people, thus expresses his opinion of the fashions in dress: "The aim of dress makers is to make money, and they find this easy, as they have to deal with silly people. Each year they alter the fashions and take care to do this in a way that the dresses of one year can not be adapted to that of the next year. Women are the slaves of these intelligent harpies. They blindly accept the fashions ordained by them and seem to be entirely ignorant of the fact that what may suit one woman does not suit all. Dressmakers have very little taste. Even if they have, it is warped by their subordinating it to finance. Occasionally the fashion which they inaugurate is not absolutely ugly, but it is always over-laden in order that a large price may be charged for the costume."

ALMOST TOO WELL POSTED.

Engineer's Exact Knowledge Open to Suspicion.

James J. Hill keeps the closest track of all details regarding the properties which he controls and this fact is known to his subordinates. While journeying on the Great Northern road some time ago, examining work that was being done on an extension, he asked the division superintendent how many ties had been cut. The superintendent did not know, but he felt that it would never do to let Mr. Hill become aware of the fact. He hesitated a moment and then boldly hazarded, "Up to this morning the count showed 78,000—78,420, the exact number, I believe." The crisis was passed, but the superintendent feared trouble was ahead. At the next station he left the car and sent this message to the division engineer who was to meet the train at a later stop: "If J. H. asks how many ties have been cut, tell him 78,420." True to the suspicion of the superintendent, Mr. Hill later asked the engineer how many ties had been cut. "Seventy-eight thousand four hundred and twenty," was the ready response of the engineer, evidently a little to the surprise of Mr. Hill.

WAS A FAMOUS HUNTRESS.

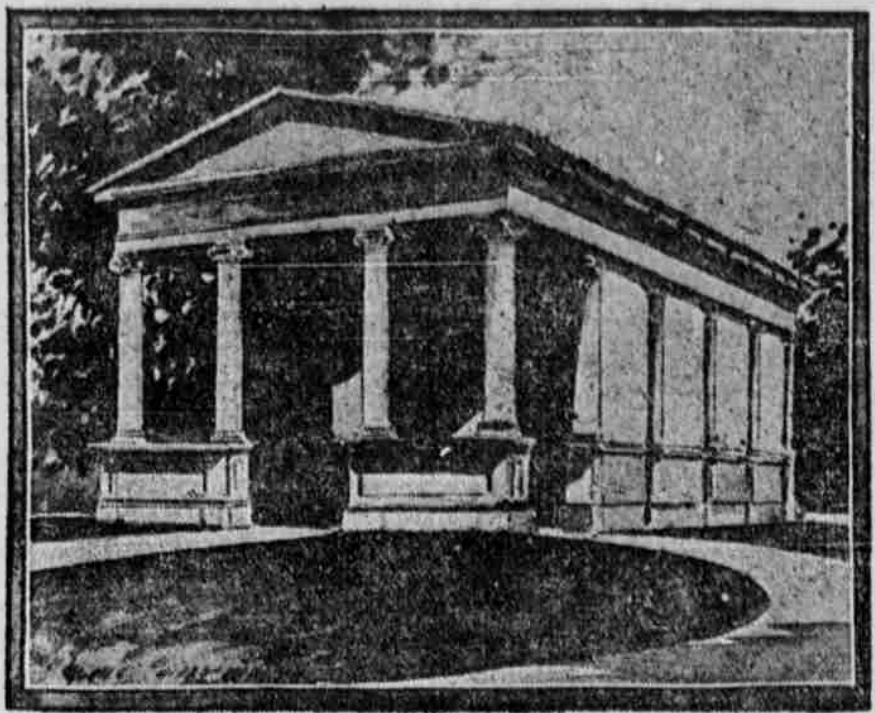
Remarkable Record Made by Marchioness of Waterford.

The death of an advanced age is announced of Christiana, dowager marchioness of Waterford, mother of Admiral Lord Charles Beresford and Marcus Beresford and one of the most remarkable horsewomen in the world. Although always mounted on horses which could carry her, she did not attempt to go across country until she was 40 years old. This was at a meet of the Currashmore hounds in 1866 at Owing village. She was mounted on a mare called The Mist and had halted near Wynn's gorse when the dogs passed close to her. It was an exciting moment which she could not resist. The marchioness turned the mare at the road fences and no one went straighter or took the fences better than she. From that until the Currashmore hounds were given up nearly twenty years afterward she never missed a meet. She was fully 60 years old when she quit. Her powers of resisting fatigue were phenomenal, as were her courage, pluck and coolness.

When Sleep is Needed Most.

Perfect health demands not only a fixed amount of sleep, but the observance of regular habits. And perfect sleep for man can be obtained only at night, as suggested by the rhythmical succession of light and darkness. There is point to the old proverb: "An hour's sleep before midnight is worth two after." Those who are in the habit of turning night into day realize this to their cost. The hour before midnight that is worth two after is from 11 to 12. And inasmuch as the human system is more below par at 3 a. m. than at any other period in the twenty-four hours, sleep should cover at least two hours on each side of this time. When life is at stake in the crises of acute disease nurses are instructed to begin special stimulation at midnight and to continue it until 6 in the morning, in the hope that flagging energies may be sustained through this period of supreme depression.—Good Housekeeping.

SECRETARY HAY AT REST IN SPLENDID MAUSOLEUM



The mausoleum in which the remains of Secretary Hay were laid at rest is one of the noted monuments in Lake View cemetery at Cleveland, Ohio. It is in the severest Greek architecture with a vestibule supported by Ionic pillars the entrance being

by a door of plate glass. There is no decoration of any kind, the very simplicity of the white marble structure serving to set it apart from all the other noted monuments in this cemetery full of magnificent monuments to the departed great.

IN DEFENSE OF THE COYOTE.

Despised and Hated Creature Does Some Good Work.

A good word for the despised and hated coyote is to be found in a recent bulletin of the department of agriculture, embodying the results of an inquiry into the relation of these prairie wolves to stock-raising in the west. This plain and straightforward scientific statement of the case for and against the coyote should emphasize anew the importance of a thorough study of every such problem before the hasty adoption of plans for the remedy of the evil. The one remedy which would satisfy the sheep herders is the complete and immediate extermination of the coyote, which makes great ravages on their flocks. This radical measure is more easy to talk about than to carry into effect; but were it possible it would be well to remember that it is an exceedingly dangerous thing to upset the checks and balances provided by nature. The cattle or sheep owner whose stock has been decimated is not apt to stop and think that in addition to his mischief the coyote performs a great and important work in keeping in check the rabbits and other "small deer" which prey upon the farmers' products.—Philadelphia Ledger.

AGED MAN'S PECULIAR ADVICE.

Brooklyn Centenarian Favors Drinking of Whisky.

Josiah Zeitlin, a citizen of Brooklyn, who has just celebrated his one hundredth birthday, offers a brand-new piece of advice to those who are desirous of reaching his age. "Drink a lot," says Mr. Zeitlin, "and drink regularly. I would have been dead twenty years ago had I followed the doctor's advice and stopped drinking whisky and beer. Don't give doctors a chance to work on you and you will live all the longer." With all his senses in remarkably fine order, the old man steps as briskly as though little more than half his age. He is a native of Lodz, Poland, where he made a competence as a merchant, and came to Brooklyn eighteen years ago to live with a sister. In the course of a day he takes perhaps a dozen drinks of whisky and beer, meanwhile smoking many cigarettes.

Bread and Electricity.

Many persons who like white bread have a mistaken idea that the whiter the bread the more nourishment it contains. The public has, as a consequence, received a less nutritive food. The core of the wheat grain, which is the chief constituent of bread, while producing the whitest flour, at the same time contains the smallest amount of albumen and is thus least nutritious. An attempt has recently been made to secure a still whiter bread by the use of electricity. The flour was brought in contact with electrified air, whose ozone possesses efficacious bleaching properties. The flour subjected to electric influence was much whiter in color, but its taste and odor were far inferior to those of flour treated by the ordinary method. The amount of phosphorus was the same in both, but the quantities of fatty and acid substances varied largely.

Colored Man's Quick Wit.

At his summer home in New York "Mark Twain" had an aged negro servant, who some time ago celebrated his wedding anniversary by inviting twelve friends to a "possum dinner, the delicacy having been supplied by relatives in the south. Twelve by no means marks the extent of the servant's friends, and those unbidden to the feast concluded that after all they did not think much of it. One of the more progressive started the report that instead of "possum the host served plain coons. The next day, with great severity, Mr. Clemens said to the servant: "Jim, I've known you a long time and found you a truthful fellow. I want you to tell me honestly which you had for dinner last night, 'possum or coons?" The old servant hesitated, but in an instant said: "Which do you mean, Mr. Clemens, on the table or around the table?"

EMPLOY THEIR LEISURE TIME.

Public Men Who Make Every Minute of the Day Count.

Many men who are in the public eye to-day are noted for their ability to make every waking minute count. When President Roosevelt goes for a gallop he slips into the pocket of his riding coat paper and pencil. If during his ride he should frame a reply to some difficult question brought to his attention he jots it down immediately and does not trust to his memory. President Loubet of France settles some of the monotonous questions of state at his breakfast table, when he is practically alone and before his reasoning powers are distracted by small and petty questions. Lord Rothschild commences his day's work in bed. He receives his confidential men not only in bed, but while he is dressing and breakfasting. Dr. Ingram, bishop of London, is obliged to travel a great deal and he has a special kind of electric reading lamp fitted into the inside of his carriage, so that while he is being whirled through the streets of London in the evening he can keep up his literary work.

BOMBAY AND NEW YORK.

Indian City in Some Ways Ahead of American Metropolis.

Rastamji Manekji, a native of Bombay, India, is a visitor in New York and complains of the heat he is compelled to endure there. The mercury does not rise to Hindoostan heights on Manhattan Island, he says, but he cannot find a shady spot in the empire city which can be used by the public in general. He sees too many "keep off the grass" signs in the parks, and says: "It is quite different in Bombay. There we have subterranean sitting-rooms, sleeping-rooms and swimming pools innumerable, besides many other places one can go to, such as the bazaars, light refreshment rooms and so on. In the parks huge tents are erected wherein you can sit and listen to music and inhale the sweet fragrance of flowers while cooling off. The city of Bombay provides these things free of cost."

Woman Highway Overseer.

Miss Bessie Bain, who lives on a farm near Chatham, N. Y., has been appointed an overseer of highways in her district. Miss Bain declares she will see that the work was well done. She intends to have the best section of road in the township. She will superintend the work in person and put into effect some original ideas relative to road construction. Miss Bain is an expert with the reins and every morning drives a spirited team four miles to Chatham, when the milk from the farm is delivered at a station. She is equally at home at the piano or in the ballroom and is a prominent member of Chatham and Kinderhook society.

State Judges in Silk Gowns.

Beginning with the fall term of the New Jersey court of errors and appeals, which opens in November, the judges will wear gowns of black silk similar to those worn by the judges of the United States supreme court and the United States court of appeals. This will be an innovation for New Jersey. It was decided upon after much discussion on the part of the judges because of the difference in apparel which they usually wore when sitting on the bench. It is likely that the "gown habit" will now extend to other courts of the state.

Why Pastor Omitted Custom.

About a year ago Rev. Garbutt Read, pastor of Mount Zion Methodist Church, Manyunk, Pa., established the custom of kissing all the babies presented for baptism. Last Sunday the babies were unusually numerous but the mothers were astonished to find that Mr. Read omitted the customary salute. The secret came out when the last babe was handed up to the pastor, a pretty pickaninny, as black as coal, which crowded for all it was worth. It was the first black baby christened at Mount Zion in fifty years.

THE TEACHER'S FOE

A LIFE ALWAYS THREATENED BY NERVOUS PROSTRATION.

One Who Broke Down from Six Years of Overwork Tells How She Escaped Misery of Enforced Idleness.

"I had been teaching in the city schools steadily for six years," said Miss James, whose recent return to the work from which she was driven by nervous collapse has attracted attention. "They were greatly overcrowded, especially in the primary department of which I had charge, and I had been doing the work of two teachers. The strain was too much for my nerves and two years ago the crisis came.

"I was prostrated mentally and physically, sent in my resignation and never expected to be able to resume work. It seemed to me then that I was the most miserable woman on earth. I was tortured by nervous headaches, worn out by inability to sleep, and had so little blood that I was as white as chalk.

"After my active life, it was hard to bear idleness, and terribly discouraging to keep paying out the savings of years for medicines which did me no good."

"How did you get back your health?"

"A bare chance and a lot of faith led me to a cure. After I had suffered for many months, and when I was on the very verge of despair, I happened to read an account of some cures effected by Dr. Williams' Pink Pills. The statements were so convincing that I somehow felt assured that these pills would help me. Most people, I think, buy only one box for a trial, but I purchased six boxes at once, and when I had used them up, I was indeed well and had no need of more medicine.

"Dr. Williams' Pink Pills enriched my thin blood, gave me back my sleep, restored my appetite, gave me strength to walk long distances without fatigue, in fact freed me from all my numerous ailments. I have already taught for several months, and I cannot say enough in praise of Dr. Williams' Pink Pills."

Miss Margaret M. James is now living at No. 123 Clay street, Dayton, Ohio. Many of her fellow teachers have also used Dr. Williams' Pink Pills and are enthusiastic about their merits. Sound digestion, strength, ambition, and cheerful spirits quickly follow their use. They are sold in every drug store in the world.

Ink Spots on Mahogany.

Ink spots on mahogany may be removed by being touched with a feather dipped in oil and vitriol diluted with twice its quantity of water. The spot should be well and quickly rubbed.

"Yes" Churches School Houses and Homes

ought to be decorated and made beautiful and healthful by using

Alabastine

A Rock Cement in white and beautiful colors. Best for painting, staining and coloring. No washing of walls after once applied. Any one can brush it on—mix with cold water. Pain killing and whitening, and the most elaborate paper, stencil work and frescoing may be done with it. Other finishes (bearing fanciful names and mixed with hot water) do not have the enduring property of Alabastine. They are stuck on with glue or other animal matter, which rots, feeding disease germs, rubbing, scaling and spoiling walls, clothing, etc. Such finishes must be washed off every year—costly filthy work. Buy Alabastine only in five-pound packages, properly labeled. Tint card, pretty wall and ceiling designs, "Hints on Decorating," and our artists' services in making color plans, free.

ALABASTINE COMPANY, Grand Rapids, Mich., or 105 Water St., N. Y.

\$25.00 Cream Separator



FOR \$25.00 we sell the SEPARATOR, capacity, 50 pounds per hour; 80 pounds per hour; 100 pounds capacity per hour for \$34.00. Best guaranteed in a class of separators that RETAIN 95% of the cream. OUR OFFER. We will ship separator on our 30 days free trial plan, with the binding understanding and agreement if you do not find by comparison, feel and taste that it will give you closer, skin colder milk than any other Cream Separator. We will return the Separator to us at our expense and we will immediately return any money you may have paid for freight and other expenses. But this ad. out at once and mail \$2.00 to receive yours.

SEARS, ROEBUCK & CO., CHICAGO.

THE DAISY FLY KILLER

destroys all the flies and gnats in dining-room, sitting-room and places where flies are troublesome. Cleans, kills, will not soil or injure anything. Try them once, you will never be without them. If not kept by dealer, send prepaid for 25c. Sold by mail, 149 DeKalb St., Brooklyn, N. Y.

Prepare Your Own Baby Food

with fresh cow's milk, made nearly human by the TRAINED NURSE FORMULA. Cooked as needed, sterilized, inexpensive, eagerly taken, this recipe has saved many infant lives. By mail, \$1.00. Trained Nurse Co., Room 14, 1505 Howard St., Omaha, Neb.

SMOKERS FIND LEWIS' SINGLE BINDER

5¢ cigar better quality than most 10¢ cigars. Your jobber or direct from Factory, Peoria, Ill.

MOLES AND WARTS REMOVED

with ANTI-MOLE. No pain, soreness or scars. GUARANTEED PERMANENT. \$1.00 per bottle by mail—Miller Manufacturing Co., Lincoln, Neb.