

GET RID OF THE GAS

Dr. Williams' Pink Pills Strengthen the Stomach and Enable it to Do Its Work.

When the stomach is feeble the food lies in it undigested, decays and throws off poisonous gases that distend the walls of the stomach and cause interference with other organs, especially with the action of the heart and lungs. These gases have other ill effects. The nerves and the brain are disturbed and discomforts such as dizziness, hot flashes, sleeplessness, irritability and despondency originate from this source.

Experience shows that these troubles vanish just as soon as the stomach is made strong enough to digest the food. In other words, it needs a tonic that will rouse it to do the work of changing the food into nourishment.

Miss Minerva C. Ladd, of Ipswich, Mass., says: "I had a weak stomach from the time I was a little child. Whenever I took hearty food it would cause terrible faintness, and I would finally vomit what I had eaten. At times there would be the most intense pains through the upper part of my body. For days in succession, I would have to lie down most of the time. The distress was often so great that I could hardly bear it, and the frequent and violent belching spells were very disagreeable, too.

"My doctor's medicines gave me little relief and it was not until I tried Dr. Williams' Pink Pills that I found a cure. Within three weeks a decided improvement was noticeable. The belching spells were less frequent, the pains through my body were not so intense, my food was retained and after taking the pills for a few weeks longer I found that I was altogether free from the misery I had so long suffered."

Every dyspeptic should read "What to Eat and How to Eat." Write the Dr. Williams Medicine Co., Schenectady, N. Y., for a free copy.

Police Court Note.

Here is another gem from that prolific mine, the police court: "Prisoner used such strong language," said a constable, "that I was obliged to get the assistance of another officer to take him into custody."—London Telegraph.

Take Garfield Tea for liver, kidney, stomach and bowel derangements, sick headache and chronic diseases. This mild laxative will purify the blood, cleanse the system and clear the complexion. It is for young and old—the best family medicine. Buy from druggist.

Sometimes we send a thief to catch a thief that robbed a thief.

Lewis' Single Binder Cigar has a rich taste. Your dealer or Lewis' Factory, Peoria, Ill.

SENTENCE SERMONS.

Serenity comes in when selfishness goes out.

He takes heaven everywhere who has the happy heart.

Much of our sorrow is stuff we have stolen thinking it was joy.

Thunders of applause give no promise of showers of blessing.

They find the gates of heaven who seek the good of humanity.

He who shuts the door of heaven on another shuts himself out.

A good many more would walk with God if he would go blindfolded.

Civilization will be synonymous with salvation when it has cured sin.

The only thing that makes any work sacred is the way that it is done.

Every time you envy another man his meal you drop gall into your own plate.

The devil has no more effective weapon than the Christian's rusty sword.

The tight fist child often finds that he has a loose hold on his Father.

People who cannot stand up in the fight must not look to sit down in the feast.

When friendship is but a social ladder the soul goes down faster than the feet can climb up.

Many a man is praying for grace to bear his trials who needs just sand to shake them.

FOOD HELPS.

In Management of a R. R.

Speaking of food, a railroad man says:

"My work puts me out in all kinds of weather, subject to irregular hours for meals and compelled to eat all kinds of food.

"For 7 years I was constantly troubled with indigestion, caused by eating heavy, fatty, starchy, greasy, poorly cooked food, such as are the most accessible to men in my business. Generally each meal or lunch was followed by distressing pains and burning sensations in my stomach, which destroyed my sleep and almost unfitted me for work. My brain was so muddy and foggy that it was hard for me to discharge my duties properly.

"This lasted till about a year ago, when my attention was called to Grape-Nuts food by a newspaper ad, and I concluded to try it. Since then I have used Grape-Nuts at nearly every meal, and sometimes between meals. We railroad men have little chance to prepare our food in our cabooses and I find Grape-Nuts mighty handy, for it is ready cooked.

"To make a long story short, Grape-Nuts has made a new man of me. I have no more burning distress in my stomach, nor any other symptom of indigestion. I can digest anything so long as I eat Grape-Nuts, and my brain works as clearly and accurately as an engineer's watch, and my old nervous troubles have disappeared entirely." Name given by Postum Co., Battle Creek, Mich.

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

THE SONGS MY MOTHER SANG

From "Down Country Lanes," by Byron Williams



Give me the songs of childhood days,
The melodies that thrill;
The songs my mother sang to me—
The songs I reverence still.

Listen, my heart, to memories
Of tender lays of yore,
The crooning of maternal love,
The songs of simpler score.

Give to my weary ear the airs
That stir me through and through,

The old-time songs, the mother songs,
The songs forever new!

Grant me the pulse of ecstasy
I felt in ancient tune,
My mother sang in quavering voice,
In words of simple rune.

Sound me no grand orchestral flights,
No means of the time—
Give me the songs of childhood days,
The mother songs, divine.

WHEREABOUTS OF AUNT MARY

Her Nephew Knew, But Then He Was Well Trained.

The story told by Mark Twain the other day about the estimate of John Fiske, the historian, of two of his children's aunts, brought forth an illustration of the reasons for that opinion. Mark Twain's story was that when Mrs. Fiske one day went to her husband in horror and reported that his young son had said that Aunt Mary was "a fool" and Aunt Martha "a d—n fool," the historian replied, after careful consideration, "Well, that is about the distinction I should make."

A man in the audience, who knew both the aunts, after the meeting told this: Aunt Martha was one of the strictest disciplinarians I have ever known. She demanded chiefly obedience of her children, instant, unquestioning, silent obedience, and she usually got it. One afternoon as she was working in her sewing room a great storm came up, and she sent her son John to close the trap door leading to the flat roof of the Queen Anne cottage.

"But, mamma—" said John.
"John, I told you to shut the trap."
"Yes, but ma—"
"John, shut that trap!"
"All right, mamma, if you say so, but—"
"John!"

John slowly climbed the stairs and shut the trap. The afternoon went by and the storm howled and raged. Three hours later the family gathered for dinner, and when the meal was half over and Aunt Mary had not appeared, Aunt Martha started an investigation. She did not have to ask many questions, John answered her first one.

"Please, mamma, she is up on the roof."

Will Study Charitable Work.

Baroness Marie Salzeber, a wealthy Austrian widow, is about to tour this country for the purpose of studying charitable work. The baroness is president of the Empress Elizabeth home of Vienna, whose purpose is to give instruction in music and high art to women forced to make their own way in the world. This home, run under the especial patronage of Emperor Francis Joseph and named after his late empress, has in its six years' existence sprung rapidly to fame. In the last few years a large number of American women have entered and now the institution has become taxed to its capacity. Since the death of her husband, the baroness has given large sums yearly to charity work.

His Crowning Argument.

Andrew Carnegie was discussing a quarrel between two capitalists.
"It is a case," he said, "of the pot's calling the kettle black. It is a case of Aberdeen and Inverary?"
"Aberdeen and Inverary?"
"Yes," said Mr. Carnegie. "You see, two old Scots, one a native of Aberdeen and one a native of Inverary, fell into an argument one day over their respective accents."

"The Aberdeen man was very hard on the Inverary one. He did not leave him a leg to stand on. But the Inverary man answered nobly. Aberdeen, when he was through, could only say: "Weel, at any rate, I dinna ca' fush feesh."

FABLE BROUGHT UP TO DATE.

Beware of Discouraging Industry and Integrity.

A Hawk that had a dexterous way of throwing three cards about one day met a Hen and invited her to bet on his game.
"But I don't understand it," protested the Hen.
"Why, all there is about it, I toss these three cards so and so, and you bet that you can pick out the ace of spades, for example."

"Yes, but I don't want to take your money."
"Oh, as to that, you are quite welcome—quite so."

"Then here goes a ten that I pick the ace."
The Hawk smiled as he thought how easy it was to throw snuff in a Hen's eyes, but lo! Biddy picked out the card she had named and raked in the sugar.
"I'll be hanged if I'm not completely discouraged trying to make an honest living!" cried the Hawk, as he flung the cards away in disgust; and he thereupon not only turned robber, but ate the Hen to boot.

MORAL.
Never discourage industry and integrity by taking money from a three-card monte or a faro bank.—Cincinnati Enquirer.

Thayer's Compliment in Court.

On one occasion when ex-Congressman John R. Thayer was counsel for the defense in the Central district court he was cross-examining a witness in the case of the Worcester and Suburban street railway ticket forgery. The witness, who was a conductor on the road, had been arrested for forging tickets.

A man named Jensen was employed in the car barn of the road. He was not particularly bright, either in appearance or speech, and the conductor had attempted to show that Jensen was the originator of the scheme for forging the tickets.

Thayer asked the witness, by way of ridicule, if he did not believe Jensen showed lack of capacity for putting up such a job on the road, and closed his cross-examination by saying: "Doesn't he look like a bright man?"

The conductor's reply, "He must be; he hired a bright lawyer," convulsed the attorneys and court so that Thayer did not pursue the examination further.—Boston Herald.

"Uncle Nelson's" Reasons.

In the latter part of the last century there lived in the town of Belfast, Me., a well-known character by the name of Nelson Rich. Toward the end of his life he became somewhat weak mentally, though perfectly harmless.

One day a young man was passing the Nelson homestead, and beheld Rich standing over a barrel of rain-water, holding a small member of the canine race somewhat rudely, head downward, with two legs in either hand, sousing her up and down in the ice-cold water.

"Why, Uncle Nelson," cried the astonished youth, "what in the world are you trying to do?"

"Young man," replied "Uncle Nelson," calmly, and without even turning his head, "I have two very excellent reasons for what I am doing. First, I wish to warm the water, and second I wish to cool the cat."

Scene of Disaster in Which French Miners Lost Their Lives



Courrières, the scene of the recent catastrophe, is in Paise de Calais, northern France, eighteen miles distant from Bethune. It has a population of 3,390. It is in the center of France's greatest coal district. This district has an area of 190 square miles, and employed in it are 20,000

MINES OF THE SHAFT VARIETY. Some at Courrières Extended Far Into the Ground.

Coal mines are divided into two kinds, the drift mine and the shaft mine. The drift mine is dug into the side of the hill and extends by very slow degrees downward. The coal is brought to the surface in little cars drawn on narrow gauge rails by donkeys.

These mines sometimes extend inward for over a mile in one direction. The Courrières mines are mostly of the shaft variety, however. Some of these shafts are very deep. On the day of the explosion men were heard calling for help from a depth of nearly half a mile.

The miners in France do not use the safety lamps that many mining concerns in the United States now compel their employes to use. These lamps are little metallic oil-burning affairs affixed to the miners' hats, and will burn hour after hour.

Not even the eternal vigilance of the fire boss can prevent a holocaust if the miners themselves become careless.

In the Courrières mines there are a great many condemned "pockets," as they are called. These pockets at one time or another become filled with fire damp and the miners were warned not to go near them.

One rumor as to the cause of the explosion is that a miner, either careless or ignorant of what he was doing, opened a condemned pocket, mistaking it for an air chamber. In such a case there would be an instantaneous explosion. The detonation would cause the other pockets to explode and the explosions would continue while there was any fire damp in the mine.

The topography of the stricken district is very irregular and very much resembles that of Allegheny county, Pa. The district is thickly populated, and but a few miles out of the line of travel of the multitude of tourists who throng northern France every year.

The mining population is not made up principally of Frenchmen any more than the mining population in the United States is made up of Americans. Poles and Hungarians, as well as a liberal sprinkling of Italians and Russians, for the most part make up Courrières' population.

The town is gloomy, smoky and unhealthy, and does not offer much to the sightseer to recompense him for his visit. It is not mentioned in Baedeker or in any of the other prominent guide books. It has one admirable statue dedicated to Jean de Montmorency, however.

Queens Taller Than Their Consorts.

There hardly is a king in Christendom to-day whose wife does not overtop him by a head. King Edward is six inches shorter than Queen Alexandra. The czar is overtopped a full head by the czarina. Kaiser Wilhelm is of the medium height, but the German empress is tall, and that is why the kaiser will never consent to be photographed beside his wife unless she sits while he stands. The king of Italy hardly comes up to the shoulders of Queen Helena. The king of Portugal, though fatter, is less tall than his queen. The queen of Denmark towers above her royal spouse.

Speaker's Mind Wandered.

Speaker Cannon called the house to order the other day and said as usual: "The chaplain will offer prayer." Rev. Mr. Couden proceeded to do so and meantime Mr. Cannon allowed his mind to stray away to the consideration of some important measures then pending. At the conclusion of prayer the speaker came out of his reverie, rapped with his gavel and said once more: "The chaplain will offer prayer." The clerk himself whispered something in Mr. Cannon's ear and Uncle Joe almost blushed as he exclaimed: "Oh, hang it; the joke's on me."

Peculiar Nervous Disease.

The well-known nerve pathologist, V. M. Bechtereff, says the St. Petersburg Novosti, mentions the appearance of a peculiar disease of the nerve system, which he calls "sweating sickness of the hand." This trouble is indicated by the sudden perspiration of the hand on the part of the victim each time he sees an acquaintance with whom he is about to shake hands. Sometimes the perspiration will fall in large drops from the tips of the fingers. None of the other parts of the body shows similar symptoms.

hands. The amount of coal mined annually is 5,000,000 tons. Coal was first discovered here in 1717, at Tresnes. For centuries the district around Courrières has been prominent in its manufactures, and the almost inexhaustible beds of coal will secure it that supremacy for centuries to come.

GROWING POWER OF THE WEST. Will Soon Push East in Population and Commercial Supremacy.

People of the East are apt to overlook the fact that there is a great and growing West. They do not realize that at some time not far distant this section will be competing with the East in population and in commercial supremacy. To the thousands of Americans who are familiar with Europe but to whom California, Oregon and Washington are names and nothing more the term "Golden Gate" is without meaning, "Puget sound" indicative of nothing but distance. They do not know that in the land where rolled the Oregon and heard "no sound save its own dashing" there has sprung up a life more virile than their own, from having still the inspiration of youth and the uplift that comes when ambition realizes that there are worlds yet to conquer. The West is a giant; it does not beg favors; it does not ask for recognition, but it forces the recognition by the expanding power of its own splendid vitality.—Philadelphia Ledger.

SARRIEN LONG IN PUBLIC LIFE.

Second Time New French Premier Has Been in Cabinet.

M. Jean Sarrien, head of the new French cabinet, has been a power in French political life for fifteen years. There have been few ministerial crises in which he has not been consulted. The last time that he held office was in 1898, when at the request of his friend, Brisson, he, with some reluctance, consented to accept the perilous post of minister of justice at the time of the Dreyfus controversy. As such he instituted the proceedings in the Supreme court, which resulted in the quashing of the first trial and in the ex-captain being brought back to France to stand trial anew at Rennes. He is a man of 66, a lawyer, born of a middle class provincial family, and during the war with Germany won the cross of the Legion of Honor by gallantry under fire as captain of Mobiles. He has represented his native



district of the Saone et Loire without interruption for nearly thirty years in the chamber of deputies.

English Nobility in Trade.

English nobility has many matters on its mind these days. It wishes to keep busy above all things and there are individuals who are looking for gold galore by going into trade. Carpet weaving is the latest industry to be invaded by these "distinguished" persons bent upon adding to incomes or finding work for their tenantry. Foremost among them is the Duchess of Sutherland, who has started looms at Helmsdale, in Sutherlandshire, in order to help the women affected by the decline in the Highland fisheries. As a purely business speculation the Earl of Pembroke and the Earl of Radnor have opened a carpet factory at Wilton. They bring to that admirable possession a cultivated taste and the beautiful things which they promise to turn out will be sought by devotees of the life luxurios.

Stomach Not a Necessity.

While the value of a good stomach is undoubted, fortunately, says Prof. H. J. Paterson, Nature is able to dispense with this organ, as most of its functions can be performed by other parts of the alimentary canal. It has been shown that dogs may gain in weight and remain in perfect health after removal of the entire stomach, while the elaborate observations made on a patient prove that the same holds good of human beings. Until some other cure for cancer is discovered, wide removal is the ideal operation.

GREAT SCOTT.

The Biggest Man of Addison County, Vt., Tells an Interesting Story.

E. C. Scott, meat dealer, Vergennes, Vt., Past Commander of Ethan Allen Post, G. A. R., says: "A severe attack of typhoid left me with weak kidneys. Every night I had to get up frequently to pass the urine, which was rosy, dark and very painful to void. I had no appetite, but drank water continually without being able to quench my



thirst. Terrible headaches and dizzy spells oppressed me and my back was lame, sore and stiff. A month's treatment with Doan's Kidney Pills rid me of this trouble, and now I am strong and healthy and weigh 230 pounds. I give the credit to Doan's Kidney Pills."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

The King of Italy is presented annually by the Emperor of Austria with 10,000 American cigars.

A Vindication for Dr. Pierce.

Decision by the Supreme Court of the State, Against the Ladies' Home Journal.

A verdict has been rendered in favor of the plaintiff in the libel suit brought against the Ladies' Home Journal (published by the Curtis Publishing Co.) by the World's Dispensary Medical Association, of which Dr. R. V. Pierce is president. The suit was brought by Doctor Pierce against the Curtis Publishing Co., for making false statements about one of his standard family medicines known as Dr. Pierce's Favorite Prescription. In the May number of the Ladies' Home Journal (1904), Mr. Edward Bok, the editor, stated that Dr. Pierce's Favorite Prescription contained alcohol and some other harmful ingredients, and Dr. Pierce had in the action alleged that the defendant maliciously published this article containing such false and defamatory matter. Dr. Pierce further claimed that no alcohol is or ever was contained in his "Favorite Prescription," that said medicine was a vegetable preparation and contained no deleterious ingredients whatever; that Mr. Bok's statement, pretending to give some of the ingredients of said medicine, was wholly and absolutely false. During the trial, the Vice-President of the World's Dispensary Medical Association stated, that the ingredients of Dr. Pierce's Favorite Prescription were extracted from the following native roots: Golden Seal, Blue Cohosh, Lady's Slipper, Black Cohosh and Unicorn, by means of pure glycerine. He was asked how he knew, as a physician and experienced medical man, that the "Favorite Prescription" was a cure for the diseases peculiar to women, such as amenorrhea, dysmenorrhea, anteversion retroversion, and he stated that he knew such was the fact because of his professional experience and the many thousands of women whose ills had been cured by this "Prescription." The Vice-President, being asked to give his authorities, read from the standard works, such as the United States Dispensary, The American Dispensary and many other standard medical books.

The retraction printed by the Curtis Publishing Company two months after the libelous statement appeared and nearly two months after the suit had been begun stated definitely that analyses had been made at their request and that the "Favorite Prescription" did not contain either alcohol, opium or digitals.

THOUGHTS ON EDUCATION.

Tuskegee is to receive \$500,000 from the Dotger estate of South Orange, N. J.

Fifty-five million volumes in public and school libraries of the United States.

A well-equipped and well-regulated playground is second only to a good school.

Indiana is the only state whose Congressional delegation has only college-bred men.

Nearly forty per cent of the students at the Mt. Pleasant, Mich., normal school are men.

In 1900 there were 56 per cent of the Harvard graduates living, now there are 60 per cent.

Pennsylvania has but 187 high schools with a four-year's course. There should be 1,000.

The school nurse is no more a fad than a family physician when typhoid fever invades the home.

Other things being equal, the fellow who learns most from his mistakes is the most successful.

Every state should have an inspector of high schools, but he should be a man equal to the duties.—Journal of Education.

