

SAVED AT THE CRISIS.

Delay Meant Death from Kidney Troubles.

Mrs. Herman Smith, 901 Broad Street, Athens, Ga., says: "Kidney disease started with slight irregularity and weakness and developed into dangerous dropsy. I became weak and languid, and could do no housework. My back ached terribly. I had bearing down pains and my limbs bloated to twice their normal size. Doctors did not help, and I was fast drifting into the hopeless stages. I used Doan's Kidney Pills at the critical moment and they really saved my life."

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

LEAP-YEAR LAUGH.



"You look worried, old man!"
"Yes. Had three proposals last night and I don't know which one I ought to accept!"

The Cold Morning Bath.

The cold morning bath is recommended for those who can stand the cold bath, though countless many cannot. To prepare for it one should first sponge the body with cold water and step into a few inches of water drawn from a warm water pipe. It will not be warm or cold early in the morning. Splash the water over the body and wash hastily, letting the tub fill gradually. If the salt bath is used, do not throw the salt towel in the laundry. Let it collect the salt. In beauty bathhouses each individual has a salt towel that is used countless times, because it gets thoroughly saturated and is more beneficial. A cold bath should not last longer than five minutes.

Thrift in the Family.

A little girl was playing with a girl friend of her own age on the porch of her home in West Philadelphia. An elderly gentleman, her mother's father, and an elderly lady, her father's mother, were sitting on the porch talking pleasantly with each other. The little girl had often wished her grandparents were of the same name, like other children's grandparents.

Presently the little guest remarked: "What a nice grandmother and grandfather you have."
"Oh, yes," she said, with a sigh, "but they don't match."

The Sort of Thing He Liked.

In an early day in Stone county, Missouri, a farmer's boy rushed into the office of Dr. T. J. McCord of Geneva and urged the doctor to come quickly to see his father, who seemed to be dying. Said the doctor: "What ails him, and what has he eaten?"
"The boy said: 'Oh, nothing much but 14 roastin' ears for supper.'
"Well," said the doctor, "just go back and throw him a couple of bundles of oats and tell him I will be up there in about 30 minutes."—From Judge's Library.

A Good Reason.

"Why was Mrs. Smithers so violently opposed to the marriage of one of her twins?"
"I think it was because of her being such a very particular housekeeper."
"What on earth had that to do with it?"
"You see, she hated to break a set."

WONDERED WHY Found the Answer Was "Coffee."

Many pale, sickly persons wonder for years why they have to suffer so, and eventually discover that the drug—caffeine—in coffee is the main cause of the trouble.
"I was always very fond of coffee and drank it every day. I never had much flesh and often wondered why I was always so pale, thin and weak."
"About five years ago my health completely broke down and I was confined to my bed. My stomach was in such condition that I could hardly take sufficient nourishment to sustain life."
"During this time I was drinking coffee, didn't think I could do without it."
"After awhile I came to the conclusion that coffee was hurting me, and decided to give it up and try Postum. I didn't like the taste of it at first, but when it was made right—boiled until dark and rich—I soon became very fond of it."
"In one week I began to feel better. I could eat more and sleep better. My sick headaches were less frequent, and within five months I looked and felt like a new being, headache spells entirely gone."
"My health continued to improve and today I am well and strong, weigh 148 lbs. I attribute my present health to the life-giving qualities of Postum."
"There's a Reason."
Name given by Postum Co., Battle Creek, Mich. Read, "The Road to Wellville," in pkgs.
Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

TRUE AMERICAN PRINCESSES

LAST OF THE TRIBE OF MASSASOIT FALLEN ON EVIL DAYS



MASSASOIT'S SON, KING PHILIP

If America can lay claim to any royalty it must go back to the original possessors and rulers of this country, and find in the descendants of the red man those who are entitled indisputably to the distinction and honor. Two princesses of royal blood of the American brand are to be found in New England, and only two, and the fact that these two are not living in regal state or are not accorded any of the honors and distinction consonant with their high birth, brings them into notice especially so as at the present time these princesses have fallen upon evil days and are likely to lose the little land they now possess out of all the vast country to which their regal ancestor, the great Indian king, Massasoit, laid claim. With all the glory of the past only a disturbing memory and with poverty pressing them upon every side, Teweeleema and Wootonekanuske are living on the shores of Lake Assawampsett in Massachusetts where once their kingly forefathers ruled supreme.

With only a few acres remaining of a heritage which in the time of the Pilgrim Fathers comprised whole states the aged are facing possible dispossession. They are subjected to numberless persecutions of a petty sort; but then they have grown used to that. For as their mother once said during a recital of the wrongs of her race: "There seems to be no law for the Indian."

"They have left us little," says Princess Teweeleema. "They have made us fight steadily for what we have kept, and now they want the little that we have."

An effort is being made to secure for these last of the royal blood of the Wampanoags a material recognition of their rights and of the services which their ancestor, the mighty sachem, Massasoit, performed for the pioneers of New England. For without Massasoit's friendship and protection the struggling colonists would have been swept from the land.

The royal Wampanoags lived continuously on the tract about Lake Assawampsett from the time Tisquantin, the Black Sachem, son-in-law of Massasoit, set aside about 500 acres for his heirs, until 49 years ago, when Mrs. Zerviah Gould Mitchell, the mother of the princesses, moved to Abington that her children might be educated in the white man's way. As the place was left without a caretaker, it was gradually encroached upon; and the neighboring whites finally went so far as to sell portions of the tract.

The eldest princess is suffering from consumption. She is practically helpless, and upon Princess Wootonekanuske falls the care of the household and of the invalid. She bears it patiently, even uncomplainingly, with the fortitude that is the legacy of her blood.

She accepts the hardships that have followed their later life as a matter of course; she regards them as part of the blight that has pursued her race and has doomed it and fears them all as part of the great tragedy. Not so the older sister. There is in her a flash of the old haughty spirit of her ancestors, some of the unconquerable pride of race which made Massasoit the autocrat of warring tribes, and spurred King Philip to a hopeless struggle that swept the length and breadth of New England with death and flames. When Princess Teweeleema speaks of her wrongs and the injustices of the white intruders, her

aged eyes regain their youthful fire, her gestures take on the simple grandeur of her illustrious forebears.

The town of Warren, R. I., has done something toward the memory of the sisters' ancestor, Massasoit. On October 10, 1907, a tablet was unveiled over the spring which has always been known by the name of the mighty Indian sachem. It bubbled near his forest home and the Massasoit Monument association walled it up and improved the surroundings that the spring might run for all time as a reminder of the white man's indebtedness. On a huge stone was placed the tablet and on the tablet is this inscription: "This tablet placed beside the gushing water known for many generations as Massasoit's spring commemorates the great Indian sachem Massasoit, 'friend of the white man,' ruler of this region when the Pilgrims of the Mayflower landed at Plymouth in the year of our Lord, 1620."

When the Pilgrim Fathers landed in America Massasoit's empire extended from Cape Cod to the Narragansett. Thirty villages owed him allegiance; 30,000 Indians obeyed his word. But a furious plague broke out and when the white men met with the sachem his people had been almost exterminated; whole tribes had been decimated. The early historians say that the savages "died in heaps," and only a remnant of about 200 warriors was left to the ruler in his lodges about Massasoit spring.

It was on Thursday, March 22, 1621, only 101 days after the Pilgrims had landed on the new continent, that Massasoit met them formally for the first time. He had previously given an audience to two of their emissaries, one of whom was Edward Winslow, and had expressed friendliness for the white man. So to this meeting he came in all good faith, accompanied by his half-brother, Quadequina, and 60 of his warriors, all armed with bows and arrows, their faces painted. "Some had skins on them and some naked; all strong, tall men in appearance."

The Indian chief appeared dramatically on what is now called Watson's hill, and lined up his men, making an imposing array. To them came Edward Winslow, carrying a pair of knives, a chain and a jewel for the chief sachem; also a pot of strong water, with some biscuit and butter for a treat. Winslow stayed with the Indians as a hostage and Massasoit, followed by 20 of his warriors, descended the hill toward the Pilgrims. Capt. Standish met him with a file of six musketeers and gave him a salute, afterward escorting the chief to a hastily erected building, furnished with a green rug and three or four cushions.

Here a treaty was made and signed between Massasoit and the Pilgrims. Winslow offered himself as a hostage for the keeping of the agreement; Massasoit declined. A regulus as to honor himself, he scorned to accept a pledge. Honor was to him as the breath of life, and for 50 years he kept the treaty to the letter and the spirit; until his death, in fact. It was the Pilgrims themselves who violated it. The great Indian's fidelity to this agreement made the American colony possible.

So great was the fame of Massasoit's wisdom and goodness that it reached King James of England, and that monarch sent his red brother a silver pipe as a mark of esteem. This Massasoit carefully guarded, but when one of his warriors did a great deed of valor, the chief was so moved to admiration that he made him a present of this, his greatest treasure.

He was a philosopher, too, in his crude way. And of the bigness of his heart numberless acts testify. He favored a strange custom of his people, formed on the idea that happiness is only a matter of comparison. Acting upon this, he once, when making a journey with Winslow, sent messages into Plymouth to inform the people that their leader was dead. When the chief and his friend entered the town, the general sorrow was changed to rejoicings.

"Why did you send us word that Winslow was dead?" asked one of the Pilgrims.

"To make you happier on my return," was the reply.

Several times during his rule, Massasoit prevented raids by warlike tribes upon the almost helpless colonists. For years he held the Narragansett in check. He died in 1661; and his death spelled disaster to the colonists.

RUSTY CANS RUIN FLAVOR AND QUALITY OF THE MILK

A Great Handicap to the Cheesemaker—By George A. Olson, Asst. in Agricultural Chemistry, Wisconsin University.

Milk comes in contact with iron in the form of rusty cans or poorly tinned utensils in practically all creameries. The quality of the milk will to a large extent depend upon the condition of utensils into which the milk is poured, kept, and finally hauled to the factory. The degree of influence of iron on milk will depend largely upon the temperature of the milk, the length of time kept in the cans, and the amount of exposed surface.

It is not necessary to describe here the American milk can, and especially the cheaper ones; if not the first time, surely the second or third time these cans are used, one will find places where they have been dented in. As the number of indentations increase the tin begins to crack, leaving fissures or broads for milk and water, and acid. Often this thin layer of tin does not cover all of the iron, thus leaving microscopically small surfaces of iron exposed which also become the sources of damage by water and acid. Under such conditions the tin peels or falls off, and it is then only a short time before the cans become unfit for use.

The accompanying illustration shows a wagon load of cans which were in a poor condition, and from which milk was accepted. This load is

reliable man, who will practice cleanliness above all other things. Then the management should see that all utensils used by factory and patrons are in first-class condition, i. e., with no exposed iron in vats, rusty cans, etc., since neatness and cleanliness in all dairy methods would be ineffectual if poorly tinned or rusty cans, etc. were used.

The operator should not hesitate to refuse milk which is hauled in poorly tinned or rusty cans, for in addition to the retarding influence of the iron on rennet action, and the neutralization of the acid by the iron, there are also produced taints or off flavors.

Competition among creameries, cheese factories and city milk supplies has indirectly resulted in making patrons more careless. This practice leads the indifferent milk producer into bad habits and discourages the tidy and progressive ones. If milk or cream was bought on its merits, then the painstaking patron would be encouraged and would lead the careless one to better efforts. It is too often the case, however, that the same price is paid for all milk or cream, whether good or bad. If milk is to be bought on its merits it would be necessary to have co-operation between creameries, cheese factories and city milk dealers, for then only will such a system be



Wagon Load of Factory Cans in Actual Use. Nearly all of These Are Unfit and Should Be Rejected.

only an example of several equally bad, if not worse. The same conditions were found to exist at several factories. The creamery to which the above load was delivered did not receive milk on Sundays, and the quantity of milk brought in on Monday was generally twice as large as on any of the other days, and consequently required twice the number of cans. Among the large number of cans required for Monday's shipment, there were naturally more poor ones. In our other illustration is shown two of the cans which were used for Monday's lot of milk. One of these cans had been used for 13 years and when closely examined contained no less than 40 soldered holes, some of which were covered with lead patches over two inches in diameter.

Of course this is an extreme type

satisfactory. It is possible where the patrons are the proprietors of the cheese factories or creameries to adopt a system like this, realizing that better milk makes higher grade dairy products, which will sell for higher prices and consequently yield more profit for the patrons.

Several systems for buying milk on its merits have been proposed. Among such systems may be mentioned (1) The use of the score card; (2) The method of sorting tainted milks from those of excellent conditions; (3) The practice of accepting only milk of excellent condition.

GROWING CALVES ON SKIM MILK

By Prof. Haecker, Minnesota.

For growing calves I consider separator skim milk at least equal to whole milk, though calves will not lay on as much fat as they will when the latter is fed. There is nothing in butter fat that a calf can use in building body tissue. Nutrition can be supplied more cheaply with flax meal which contains from 30 to 35 per cent. oil. When the calf is dropped I let it suck once and then remove it from the dam. If it is removed in the morning I give it no feed until the following morning. This is done so the calf will be hungry and will drink milk without the flager. I give from three to four pints of its mother's milk twice a day, immediately after milking. A small calf gets three pints and a large calf four pints. This I continue for one week. Then for one week I give whole milk half and skim milk half, twice a day, giving only from three to four pints. The third week I feed all separator skim milk, adding a teaspoonful of ground flax I gradually increase the skim milk and flax meal so that by the end of the fourth month the calf is receiving a heaping teaspoonful of flax meal and ten pints of milk twice a day. After the first month it has access to a little early cut alfalfa and whole oats or a mixture of whole oats and bran or shorts. The important points are strict regularity in time of feeding, quantity and temperature of milk, which should be from 58 to 100 degrees F.



Cans Like the Three Shown Above Have a Deleterious Effect Upon Milk for Cheesemaking.

of poor can. Milk kept over night in cans of this kind when treated with rennet would require in some instances as much as 40 minutes longer to coagulate than milk kept in good ones.

By using cans of the type illustrated it is possible to accept from patrons milk which really has developed more than two-tenths per cent. acid which cannot be revealed by either the Manns or Farrington alkaline tablet test, owing to the neutralization of the acid by the iron.

The unsanitary conditions that still exist at some Wisconsin factories at the present time are largely due to the use of unclean utensils, such as starter cans, iron pipes for conductors, whey tanks, etc. Where such conditions exist at the factory, it is not surprising that the patrons also become negligent. The management of cheese factories and creameries should first of all see that their operator is a good,

WAS TOO MUCH FOR PAPA.

Childish Questions Were Becoming Entirely Too Personal.

There is a member of the faculty of George Washington university, who, to use the words of a colleague, "is as rotund physically as he is profound metaphysically," says the Philadelphia Ledger.

One day the professor chanced to come upon his children, of which he has a number, all of whom were, to his astonishment, engaged in an earnest discussion of the meaning of the word "absolute."

"Dad," queried one of the youngsters, "can a man be absolutely good?"

"No."

"Dad," put in another youngster, "can a man be absolutely bad?"

"No."

"Papa," ventured the third child, a girl, "can a man be absolutely fat?"

Whereupon the father fled incontinently.

IT SEEMED INCURABLE

Body Raw with Eczema—Discharged from Hospitals as Hopeless—Cuticura Remedies Cured Him.

"From the age of three months until fifteen years old, my son Owen's life was made intolerable by eczema in its worst form. In spite of treatments the disease gradually spread until nearly every part of his body was quite raw. He used to tear himself dreadfully in his sleep and the agony he went through is quite beyond words. The regimental doctor pronounced the case hopeless. We had him in hospitals four times and he was pronounced one of the worst cases ever admitted. From each he was discharged as incurable. We kept trying remedy after remedy, but had gotten almost past hoping for a cure. Six months ago we purchased a set of Cuticura Remedies. The result was truly marvelous and to-day he is perfectly cured. Mrs. Lily Hedge, Cambwell Green, England, Jan. 12, 1907."

IN TOYDOM.



Billy Block—A Teddy bear! And here I've went and shot me last stone at a canary bird! Drat the luck!

Laundry work at home would be much more satisfactory if the right Starch were used. In order to get the desired stiffness, it is usually necessary to use so much starch that the beauty and fineness of the fabric is hidden behind a paste of varying thickness, which not only destroys the appearance, but also affects the wearing quality of the goods. This trouble can be entirely overcome by using Defiance Starch, as it can be applied much more thinly because of its greater strength than other makes.

Just Suppose.

"Just suppose," said Brother Dickey, "heaven wuz one big watermelon patch, an' it wuz de Po'th er July de year roon!"

"Go long, man," said Brother Williams, "you almos' makes me want ter go dar!"—Atlanta Constitution.

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 *Dr. J. C. Watson* In Use For Over 30 Years. The Kind You Have Always Bought.

Most Unusual.

"My!" suddenly exclaimed Henpeck, with a start. "I must have been dreaming."

"Why?" snapped his wife.
"Why, I haven't heard you say a word to me for 15 minutes."

Lewis' Single Binder straight 5c cigar is good quality all the time. Your dealer or Lewis' Factory, Peoria, Ill.

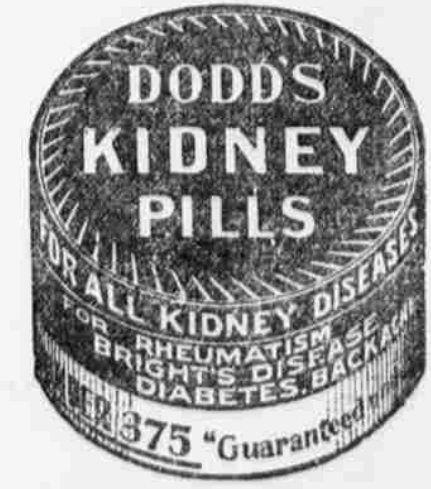
You can't flatter an honest man by telling him that he is honest.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

A man isn't necessarily a wood sawyer because he says nothing.

If Your Feet Ache or Burn get a 25c package of Allen's Foot-Powder. It gives quick relief. Two million packages sold yearly.

It isn't a secret if a woman hesitates in the telling of it.



WIDOWS' under NEW LAW obtained PENSIONS by JOHN W. MORRIS, Washington, D. C.

If afflicted with sore eyes, use Thompson's Eye Water