

MEALTH VERY POOR-RESTORED BY PE-RU-NA.

Catarrh Twenty-five Years-Had a Bad Cough.

Miss Sophia Kittlesen, Evanston, Illinois, U. S. A., writes: "I have been troubled with catarrh for nearly twenty-five years and have tried many cures for it, but obtained very little help.

"Then my brother advised me to try Peruna, and I did. "My health was very poor at the time I began taking Peruna. My throat was

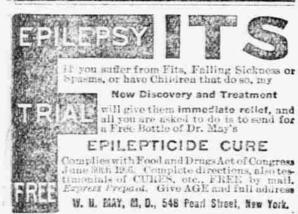
very sore and I had a bad cough. "Peruna has cured me. The chronic catarrh is gone and my health is very much improved. "I recommend Peruna to all

friends who are troubled as I was,' PERUNA TABLETS:-Some people prefer tablets, rather than medicine in a fluid form. Such people can obtain Peruna tablets, which represent the medicinal ingredients of Peruna. Each tablet equals one average dose of Peruna. Man-a-lin the Ideal Laxative.

Manufactured by Peruna Drug Manufacturing Company, Columbus, Ohio.

The Victorian English.

The England which spoke the language which was already dying in the eighteen-sixties was before all things a world of the country. The sights and sounds of nature played a far greater part in the lives of the mass of the people than they do to-day. This is reflected, for instance, in the way in which birds and animals were spoken of and the names given them. I have myself once or twice heard old people in the country speak of the hen as "Dame Partlet." One is familiar with the phrase from books, of course-it is Chancer's "Pertolette"-but once or twice as a child I actually heard it. I suppose it would be impossible to heat It gavwhere now .- London Outlook.



The Handy Doctor in Your Vest Pocket

T'S a thin, round-cornered little Enamel Box-

When carried in your vest pocket it means Health-Insurance.

It contains Six Candy Tablets of pleasant

taste, almost as pleasant as Chocolate. Each tablet is a working dose of Cascarets, which acts like Exercise on the Bowels and Liver.

It will not purge, sicken, nor upset the

Bocause it is not a "Bile-driver," like Salts, Sodium, Calomel, Jalap, Senna, nor Aperient Waters.

Neither is it like Castor Oil, Glycerine, or other Oily Laxatives that simply lubricate the Intestines for transit of the food stopped sup in them at that particular time.

The chief cause of Constipation and Indigestion is a weakness of the Muscles that contract the Intestines and Bowels.

Cascarets are practically to the Bowel Muscles what a Massage and Cold Bath are to the Athletic Muscles.

They stimulate the Bowel Muscles to contract, expand, and squeeze the Digestive Juices out of food eaten.

They don't help the Bowels and Liver in such a way as to make them lean upon similar assistance for the future.

This is why, with Cascarets, the dose may be lessened each succeeding time instead of increased, as it must be with all other Cathartics and Laxatives.

Cascarets act like exercise.

If earried in your vest pocket, (or carried In My Lady's Purse,) and eaten just when you suspect you need one, you will never know a sick day from the ordinary Ills of life. Because these Ills begin in the Bowels. and pave the way for all other diseases.

"Vest Pocket" box 10 cents. Be sure you get the genuine, made only by the Sterling Remedy Company, and never sold in bulk. Every tablet stamped "CCC."

WIDOWS'under NEW LAW obtained PENSIONS by JOHN W. MORRIS.

FROM THE COMMONER

MR. BRYAN'S PAPER

A Boston Example.

The President in his recent message gives an illustration of trust methods. He tells of Boston's experience with a combination which secured control of the market. He says:

"Allegations are often made to the effect looking to the more effective control of and not for the rest of the people." the great corporations, upon the ground such control. I call your attention to the mitted by Mr. Nathan Matthews, chairman of the finance commission, to the Mayor and City Council of Boston, relat- House. ing to certain evil practices of various corporations which have been bidders for furnishing to the city iron and steel. This report shows that there have been extensive combinations formed among the various corporations which have business with the city of Boston, including, for instance, a carefully planned combination embracing practically all the firms and corporaions engaged in structural steel work in New England. This combination included substantially all the local concerns, and many of the largest corporations in the United States, engaged in manufacturing or furnishing structural steel for use in any part of New England; it affected the States, the cities and towns, the railroads and street railways, and generally all ersons in that section of the country. As gards the city of Boston, the combination resulted in parceling out the work by collusive bids, plainly dishonest, and sup-

ported by false affirmation. "I have submitted this report to the Department of Justice for thorough instigation and for action if action shall ove practicable.

"Surely such a state of affairs as that

man in a dispatch printed in the Chi cago Record-Herald says:

"Why pass a bill simply because the newspaper publishers want it? The country will declare we have discriminated in favor of the newspapers and we will receive the righteous swatting of the voters that there is no real need for these laws because we have done something for them

This, in substance, is understood to be that they will do their work well without the Cannon argument, or excuse, for not yielding to widespread pressure anent accompanying copy of a report just sub- free-listing pulp and paper. It is an excuse, however, that has been readily met by the new plan of action at the White

> "If you want to do something for the rest of the people as well, you have the chance." That was in substance the answer given to Speaker Cannon to-day. "Here's the postal savings bank proposition. It has been urged by the administration, is in the interest of the whole people, and the people, having studied the matter, want the system established. They want that just as much as the publishers want wood pulp and print paper on the free list. You alone stand in the way of both propositions. Act in both matters, or get off the lid and let the House act and then it can not be said that Congress was discriminating in favor of any single

> This must be interesting reading for Republicans who yet believe that the Republican party intends to represent the

Here the President of the United States invites the Speaker to the White House and pleads with him to give Republican ove set forth emphasizes the need of bill would be a dangerous object lesson they are destroying the influence they ther foderal legislation, not merely be- for voters who yet imagine that the for- used to have as advisers. Many bankers

"ALAS, POOR YORICK!"

And why not tariff revision? If it is

good for the newspaper publisher why not

give it to the consumers generally? And

how does it happen that this great po-

litical organization, whose leaders insist

that it is the party of the people, the

"party of God and morality," can not be

persuaded to legislate in public interests?

which the Republican political managers

So the Eye May Sec.

in an open-face twenty-year gold-filled

case costs the American retailer of

watches \$10.75, which may be represent-

This same watch is sold to the dealer in

England for the sum of \$7.41, which may

The American purchaser is therefore

compelled to pay, in addition to the deal-

ers' regular profit, thirty-seven per cent

more for an American made watch than

the English customer is compelled to pay,

The American watch trust is enabled to

thus rob the American consumer by rea-

Insuring Bank Deposits.

Referring to the conference between the the Oklahoma officials as follows: "I am pail is becoming something of a hollow

which may be represented by this:

Paid by American purchaser.

Paid by English purchaser.

son of the protective tariff.

President and the Speaker, Walter Well- very much pleased with mour law for se- modery.

Why delay tariff revision?

ed by a line thus:

Control of the second of the second

be represented by a line thus:

An Elgin National watch, seven jewels,

It can hardly be coaxed to give enough

lation will secure, but above all because of the people" will then demand some re-

this federal action should be part, and a lief, the President says he might give "the

large part, of the campaign to waken our rest of the people" the postal savings

people as a whole to a lively and effect bank. "Uncle Joe" is right so far as the

tive condemnation of the low standard of object lesson is concerned. A great many

morality implied in such conduct on the Republicans who have for years patiently

part of great business concerns. The first submitted to tariff exactions are very like-

duty of every man is to provide a liveli- | ly-in the face of tariff revisions for the

hood for himself and for those dependent | benefit of the newspaper publishers-to

upon him; it is from every standpoint de- ask "why not tariff revision for consum-

whole and is entitled to reward, to re- in the way of remedial legislation to

many kinds of evil, social, industrial and may point as an excuse for the re-election

political, which it is our duty as a nation of their party to the control of the na-

sirable that each of our citizens should ers generally?"

sternly to combat, there is none at the tional government.

endeavor by hard work and honorable

methods to secure for him and his such

a competence as will carry with it the

opportunity to enjoy in reasonable fash-

on the comforts and refinements of life;

and, furthermore, the man of great busi-

ness ability who obtains a fortune in up-

right fashion inevitably in so doing con-

fers a benefit upon the community as a

spect and to admiration. But among the

same time more base and more danger-

ous than the greed which treats the plain

and simple rules of honesty with cynical

contempt if they interfere with making a

profit; and as a nation we can not be held

guiltless if we condone such action. The

man who preaches hatred of wealth hon-

estly acquired, who inculcates envy and

jealousy and slanderous ill will toward

those of his fellows who by thrift, energy

and industry have become men of means,

This is a splendid illustration of the

manner in which the public is robbed by

private monopoly. It is time that the pri-

vate monopoly was exterminated, for its

extermination, instead of destroying busi-

ness, will revive business and at the same

time relieve the public from one of its

Pleading with the Speaker.

dent Roosevelt invited Speaker Cannon to

the White House, May 5, and bluntly

told him that unless he allowed the House

to do something for the public interests

he would be responsible for Republican

defeat. The President particularly want-

ed the wood pulp bill passed.

Newspaper dispatches say that Presi-

is a menace to the community."

greatest menaces.

curing bank deposits. I have been a resident of Illinois for a number of years, was a depositor in a bank that failed there, and on account of your favorable banking laws for depositors, I transferred my account to the -Oklahoma. My account is small, but i amounts to more than seven thousand dollars. I have friends who left Hilinois with twice as much as I had, who wrote -, Okla. I and my friends - county, and there a day. are other friends who will transfer their accounts to remain on deposit because Kingdom there are employed about 1,200, they like the security.

I write you for no other purpose than to let you know how the people of other States appreciate the banking laws of Oklahoma. Wishing you success, I am, yours truly, --

The Commoner has a copy of the letter, but the name of the writer, together with the name of his county in Illinois, and the name of the banks in Oklahoma to which the money was sent, have been

omitted that no injustice might be done

by the publication of the letter. The fact that banks of Oklahoma are made secure by a law that compels all the banks to stand back of each bank is already having its effect. There is no doubt that Kansas and Nebraska will adopt a similar law as soon as the Legislatures can be elected, and the reform is bound to spread. At present, many of the leading bankers are opposing it under the false impression that it would hurt the larger banks. It will not take from the large bank any legitimate advantage, and the bankers themselves will soon be compelled to favor the law, because the people will demand the security and will send their money where the security can be found. Why not make the banks safe? Why not protect de positors? We should have laws, State and national, giving assurance to depositors that their earnings, when deposited in banks, will be safe. The bankers who have opposed such legislation are responsible for the growth of sentiment in publishers-and, of course, publishers gen- favor of postal savings banks. Their erally-relief from tariff imposition. And selfishness is short-sighted and they will when the Speaker says that a wood pulp find, by talking to their depositors, that

plan. May their tribe increase.

Secretary Taft Misquoted.

hope that it would be peaceably settled.

What he said was, "That unless labor-

ers united into organizations, the laborer

would stand no chance in that inevitable

controversy that we always hope will be

peaceful but that must exist-that inev-

itable controversy as to how labor and

capital shall share the joint product of

The Commoner is glad to aid in set-

ting Mr. Taft right before the public.

for it can appreciate the annoyance of

An Aldrich bill under the Vreeland

name would provide just as much commer-

o preserve our forests by means of the

'forest reserve act," the administration

continues to offer a premium for the de-

struction of forests by retaining the tariff

incorrect reports of speeches.

cial stench.

A citizen of Illino's writes to one of perity dose next year. The full dinner

the result this year.

on lumber and wood pulp.

worth while past Speaker Cannon.

cent last week. The week before 60,-

000 other operatives were subjected to

a similar cut, and 35,000 more will get

the same kind of a Republican tariff pros-



Bricklayers in Japan are paid 36 cents

An effort is being made to organize the workmen of Mexico on the same lines as

erage of unemployed among 639,678 British trade unionists was 4.5 per cent.

The recently organized Master Barbers' Association at San Francisco, Cal., has promised to finance the Barbers' Union in its efforts to put all the shops in a sand-

tion of Minneapolis, Minn., has asked the local Central Labor body the privilege of

sewing shop at Manhattan, another practical side of the Women's Trade Union League has developed along lines of great utility to the women workers.

tion which is devoted to the union label of the various organizations. It is intended to instruct all classes of people as to labels and what they stand for.

D. C., by the unions of organized labor to prevent the awarding of government contracts to firms and individuals who won't employ union labor, or observe the eight-hour law.

Organized electrical workers in Minneapolis, Minn., are taking more than an ordinary interest in the proposed street illumination plans, and are making an organized campaign in favor of electricity in street lighting.

men of all France into a non-political protective association, to be known as "The Federation of French Manufacturers and Business Men," is reported to be making satisfactory progress.

The officers of the International Brass Molders' Union of North America report that since the establishment of the international, in October, 1904, the membership has increased to 10,000. The organ-

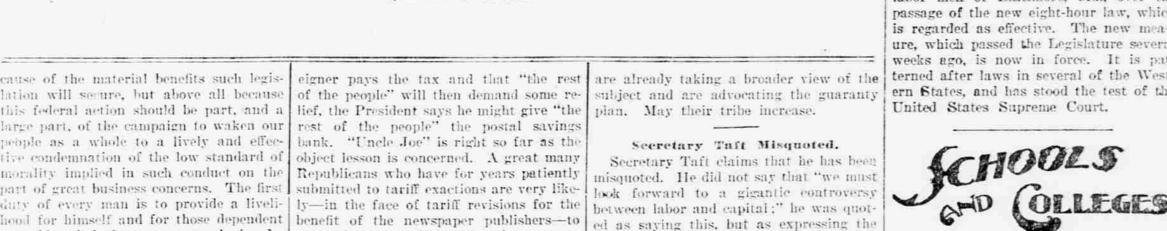
Of the 232 labor organizations formed last year in Canada, 51 were formed by railway employes, 43 by metal workers and 41 in the building trade. Ninetyfour organizations were formed in Ontario, 51 in Quebec, 28 in Alberta and 22 in British Columbia. Practically one out of every three

union men in the State was idle at the close of 1907, according to the quarterly bulletin of the New York State labor department. In New York City the percentage was 34.2 as compared with 32.7 for the remainder of the State.

During the year 1907, 6,483 new industries were reported in the South, compared with 6,411 in 1906, which was the best record ever made. The leading States were Texas, 1,383; Oklahoma, 794, and Virginia, Tennessee, North Carolina, Alabama and Arkansas, from 400

sixty hours.

Much enthusiasm is displayed by the labor men of Baltimore, Md., over the passage of the new eight-hour law, which is regarded as effective. The new measure, which passed the Legislature several weeks ago, is now in force. It is patterned after laws in several of the Western States, and has stood the test of the



A team from Dakota Wesleyan university defeated a team from Hamline university in a debate at Hamline.

A committee of St. Paul Aldermen has adopted an ordinance providing that hereafter school buildings in the city shall be of fireproof construction.

Gustavus Adolphus College of St. Peter in debate. St. Olaf had the negative of the municipal ownership question.

Ind., has been elected president of the Iowa Wesleyan university at Mount Pleasant, Iowa, and has accepted the po-

Senator Warner of Missouri talks like Republican who realizes that the negro tive supporter of the Minnesota State vote of Missouri can not possibly change agricultural school, died suddenly at his home in Edina Mills, a suburb of Min-While claiming great credit for trying

Anti-vaccinationists won a signal victory when the Minneapolis board of education overruled the action of Health Officer Dr. P. M. Hall, and ordered the reinstatement of Roy Larsen as a pubil at the Seward school, despite the fact that he has not been and will not be vac-

By a recent action taken by the board of trustees, the State school of science at Wahpeton has become affiliated with the Month Dakota agricultural college. Gradnames of the actions of science may now enter the agricultural college with the rank of funiscs, and graduate upon the



In the building trade of the United \$00 people.

they are in other countries. For the twenty years 1887-1906 the av-

Montreal (Canada) longshoremen object to the bonus system introduced by the shipping men, but the latter refuse to

The Congregational Ministers' Associa-

paying dues the same as other organizations. The offer was declined. In the installation of a co-operative

Los Angeles, Cal., has a new publica-

An effort is being made at Washington,

The attempt to combine the business

ization pays sick and death benefits.

to 550 each.

An act was passed by the Tennessee Legislature to make it unlawful to allow any female child under sixteen to work in any manufacturing establishment more than sixty-two hours in any one week in 1908, or more than sixty-one hours in 1909, and after Jan. 1, 1910, more than



St. Olaf College of Northfield defeated

Rev. Edwin A. Schnell of La Porte.

James A. Bull, for many years an ac-

When Mr. Tener of Pennsylvania takes | cinated. The Sisters of St. Joseph, who main-

a seat in Congress he will find his former experience as a baseball pitcher tain a school in Crookston, Minn., are handy. He will have to perform some making application of John D. Rockefeller mighty curves in order to get anything for money for additional buildings on their grounds and have sent to him letters of recommendation from many of the lo-The wages of 30,000 Massachusetts cal merchants. cotton mill operatives were cut ten per

One of the Essentials

of the happy homes of to-day is a vast, fund of information as to the best methods of promoting health and happiness and right living and knowledge of the world's best products.

Products of actual excellence and reasonable claims truthfully presented and which have attained to world-wide acceptance through the approval of the Well-Informed of the World; not of individuals only, but of the many who have the happy faculty of selecting and obtaining the best the world affords.

One of the products of that class, of known component parts, an Ethicat remedy, approved by physicians and commended by the Well-Informed of the World as a valuable and wholesome family laxative is the well-known Syrup of Figs and Elixir of Senna. To get its beneficial effects always buy the genuine, manufactured by the California Fig Syrup Co., only, and for sale by all leading druggists.



Some of the choicest lands for grain growing,

stock raising and infred farming in the new districts of Saskatchewan and Alberta have recently been Opened for Settlement under the **Revised Homestead Regulations** Entry may now be made by proxy (on certain conditions), by the father, mother, son, daughter,

brother or sister of an intending homesteader.

Thousands of homesteads of 160 acres each are thus now easily obtainable in these great graingrowing, stock-raising and mixed farming see-There you will find healthful climate, good

peighbors, churches for family worship, schools for your children, good laws, splendid crops, and railroads convenient to market. Entry fee in each case is \$10.00. For pamphlet,

"Last Best West," particulars as to rates, routes, best time to go and where to locate, apply to W. D. Scott, Superintendent of Immigration, Ottawa, Canada, or E. T. Holmes, 315 Jackson St., St. Paul, Minn, and J. M. MacLachian, Box 116, Watertown, So. Dakota Authorized Govern

Please say where you saw this advertisement.

The Gentle Rebuff. "Immeasurable are the rebuffs that the helpers of the poor, the seekers af-

ter charity for their suffering brothers undergo," said a New York charity organization official. "A friend of mine, a Methodist minister in a small western town, told me the other day of his last rebuff, a not unkind one. Entering the office of the local weekly, the minister said to the editor:

"'I am soliciting aid for a gentleman of refinement and intelligence who is it dire need of a little ready money, by who is far too proud a man to make his sufferings known."

"'Why," exclaimed the editor, pushing up his eyeshade, 'I'm the only chap in the village who answers that description. What's this gentleman's

"'I regret,' said the minister, 'that I am not at liberty to disclose it.'

"'Why, it must be me, said the edifor. 'It is me. It's me, sure. Heaven prosper you, parson, in your good

A Danger Avolded.

It was a wise young man who paused before he answered the widow who had isked him to guess her age. "You must have some idea about it," she said, with what was intended for an arch sidewise glance.

"I have several ideas," he admitted, with a smile. "The only trouble is that I hesitate whether to make you ien years younger on account of your looks or ten years older on account of your brains." Then, while the widow smiled and

blushed, he took a graceful but speedy leave.-Youth's Companion.

The use of electric power in the great staple industries of the south is constantly increasing, and a very broad centralstation development is under way.

> DR. TALKS OF FOOD Pres. of Board of Health.

"What shall I eat?" is the daily in quiry the physician is met with. I do not hesitate to say that in my judgment a large percentage of disease is caused by poorly selected and improperly prepared food. My personal experience with the fully-cooked food, known as Grape-Nuts, enables me to speak freely of its merits.

"From overwork, I suffered several years with malnutrition, palpitation of the heart, and loss of sleep. Last summer I was led to experiment personally with the new food, which I used in conjunction with good rich cow's milk. In a short time after I commenced its use, the disagreeable symptoms disappeared, my heart's action became steady and normal, the functions of the stomach were properly carried out and I again slept as soundly and as well as in my

"I look upon Grape-Nuts as a perfect food, and no one can gainsay but that it has a most prominent place in a rational, scientific system of feeding. Any one who uses this food will soon be convinced of the soundness of the principle upon which it is manufactured and may thereby know the facts as to its true worth." Read "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.