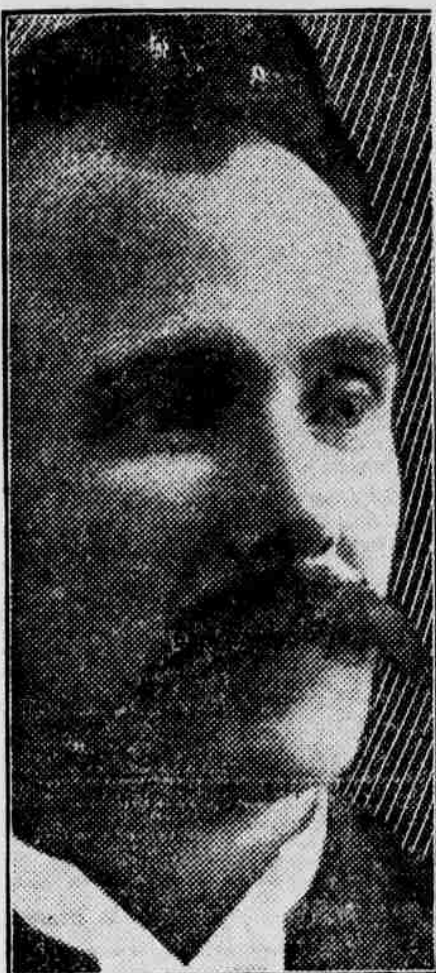


HON. W. H. KELBAUGH OF WEST VIRGINIA PRAISES PE-RU-NA



Hon. W. H. Kelbaugh.

A Cold at Any Time of the Year, Especially in Hot weather, is Very Depressing to the System. Peruna is an Eminent Tonic for Such Cases. Read What People Say About It.

Hon. W. H. Kelbaugh, Ex-Member W. Va. Legislature, 204 9th street, N. E., Washington, D. C., writes: "You can use my name and word at all times for Peruna as a medicine and tonic unequalled. I have tried it for a stubborn cold and badly run down system. I tried all sorts of other medicines and paid several expensive doctor bills. Peruna cured me, strengthened me more than ever, and saved me money."

Mrs. Clara Lister, Seattle, Ind., says: "Last fall I took a severe cold, took Peruna, began to improve and kept on so until I was able to do my work."

If the Mississippi valley were as densely populated as Massachusetts, it would have 350,000,000 inhabitants.

Mother's will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children during the teething period.

"Come, come, old boy, brace up! You know that faint heart never won fair lady." "But she's a brunette."—Cleveland Plain Dealer.

Catarh Cannot be Cured
with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarh Cure is taken internally, and acts directly on the blood and mucous surfaces. Hall's Catarh Cure is not a quick medicine. It is prescribed by one of the best physicians in this country for years, and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surface. The perfect combination of the two ingredients is what produces such wonderful results in curing Catarh. Send for testimonials free. F. J. CHENEY & CO., Props., Toledo, O. Sold by druggists, price 75c. Hall's Family Pills are the best.

Obedient Instructions.
Man of the House—Verona, I told you to call me at 7 sharp this morning. Domestic—I called you as sharp as I could, sir, but I couldn't wake you.

FITS—St. V. and all Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. Send for FREE TRIAL BOTTLE and treatise. Dr. R. H. Kline, Ltd., 301 Arch St., Phila., Pa.

Dr. Samuel Smiles, author of "Self Help" and other works, left an estate valued at \$289,820.

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Young MEN, Old MEN, Middle-Aged MEN
Send for free pamphlet in plain cover. Tells about an appliance that insures happiness, health and success in life. Free—send today.

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20-Mule-Team Borax
Is an Economical Labor-Saving Aid to the Household

Cleans without injury the most delicate fabrics as well as kitchen utensils, wood dishes, silver, china, glassware, linen, blankets, woollen, silks. It is the highest value in the toilet, bath, and nursery, and is a household natural disinfectant.

A. J. Walcott, Full size package Borax & Borax Soap, 22 page booklet and souvenir picture 7411 in. For free, free for cents and dealer's name. F. A. COAST COAST BORAX CO., Oakland Cal.

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WHEN writing to advertisers please mention this paper.



For the Children

Building a Pigeon House.

Every normal boy loves to have a few pigeons about the barnyard, and no normal parents will object to their boys satisfying this natural taste for such choice, pretty fowls.

And such pretty pigeon houses may be built of old lumber and broken-up packing boxes, the boy being his own carpenter. These little houses should be built a proper distance above the ground, but not too high to be easily reached by the boy who is attending to the rearing of the fowls. It is a good plan to build, say, a four-room house. This will accommodate four pairs of pigeons. And be very careful in buying your pigeons to know that they are mates, for pigeons are very particular in the matter of choosing companions, and when once mated they cannot be induced to change their affections.

Of course, you must have boxes, about fifteen inches square, for nests. In these boxes you will place the terra cotta nest pans, which are trifling in cost, being had for about 5 cents—or less—each.

Twice a day in summer put fresh water in the pigeon house, for pigeons love pure, fresh water, and their health depends upon having it. Once every



A GOOD PIGEON HOUSE.

morning cleanse the vessels holding the water, for otherwise they would soon accumulate dirt and become unwholesome.

Feed your pigeons ordinarily cracked corn, wheat and millet. During their breeding time it is well to add some Canadian pease to their diet. Their meals should occur three times a day, like our own, breakfast at 7 or 8 o'clock, dinner at 12 or 1 o'clock, and supper at 5 in the evening.

Plenty of gravel and grit must be supplied also, the ground-up oyster shells, charcoal and salt being a fine "digestor" for them. All over the floor in their house sprinkle gravel and sand, and some might be kept in the yard about their quarters.

As pigeons love bathing—and need it—you must supply a bath tub—a shallow pan for their house. Keep this filled daily with fresh water.

If you would have success attend your efforts at pigeon raising you must study the matter carefully and take the greatest pains with your work. Like every other undertaking, it requires time and attention, with plenty of common sense, to raise pigeons, and the boy who does not possess these qualifications would better not attempt it, but leave the work to his more industrious and willing brother.

Game of Noted Men.
The hostess begins by saying: "I know a celebrated poet, the first part of whose name is very black, and the last is an elevation."

The player, responding "Coleridge," in turn describes the name of some other noted person. For instance, "Shakespeare," saying: "I know a noted author and poet, the first part of whose name people do when cold; the last part is a weapon of warfare."

Only give the profession, nothing else. The following names readily lend themselves to this simple but instructive little game:
Wordsworth.
Shelley (Shell-lean).
Churchill.
Webster.
Walpole.
Washington.
Longfellow.
Blackstone.
Isaac Walton (Eye-sack-wall-ton).

Washington's Death.
George Washington died of a disease that was then called quinsy, but which is now known as acute laryngitis. His physicians treated him according to their best light and knowledge, but such treatment now would be little short of criminal. An eminent authority says that if medical men had known as much then as they do now, the distinguished patient would probably have been cured in a week. As it was, he slowly strangled to death by the closing of his throat. At the present time physicians treat a case of this kind by tracheotomy; that is, by making an opening into the windpipe, through which the patient may breathe. They also diagnose a case by using the laryngoscope, which enables them to look into the throat and see exactly what the trouble is.

Creaking Shoes.
Do your shoes creak? If they do, you are a sort of nuisance to everybody

near whom you walk, to say nothing of the rasping effect on your own nerves. Of course you would like to abate the nuisance, and the editor is going to help you by making a suggestion. The creaking is sometimes caused by the rubbing together of the two pieces of leather that form the sole. In a case of that kind, it is said that the creak may be stopped by driving a wooden peg through the middle of the sole, thus holding the two pieces of leather firm, so that they cannot rub against each other. Another remedy is to soak the sole in oil. A different kind of creak, but one equally unpleasant, is caused by the rubbing together of the two pieces of leather that form the counter of the shoe. This the shoemaker will remedy by opening the seam of the upper, and putting in a little French chalk.

Eye Will Fool You.
The next time your "crowd" is around you just say: "None of you has an eye that is any good. I guarantee that not a single eye in the crowd can see straight." Of course, the challenge will be taken up.

Then you need take only a sheet of thin pasteboard—a visiting card is the best—and punch a tiny hole in it with a pin. Give it to any one in the gathering and tell him to hold the card up to a strong light so that the little hole will be about eight inches from the eye. Then give him the pin and tell him to hold it, head up, between his eye and the hole in the card.

This is what he will see: The pin that he is holding will seem to vanish, and instead of it there will be an image of a pin upside down in the air behind the little hole in the card. No matter who tries it the result will be the same.

Hetty and the Cakes.
On the table a heaped-up plate of cakes; Comes a sweet-toothed girl that not one takes.

But many; and soon doth she begin To eat them all—a greedy sin. Most dearly paid for by the sinner, Who, poor little maid, could eat no dinner.

And later that night in convulsions lay, When her parents thought she'd die ere day.

But the doctor a dose of ipecac gave; And that is how they managed to save A greedy girl, called Hetty White, From death, near caused by her appetite.

PAY PENALTIES OF GENIUS.

Captains of the World Nearly All Sufferers from Nervous Diseases.

Of supreme captains of the world there are but six or seven and scarce one among them exhibits genius in its healthiest colors. In ambush for nearly all of them some form of nerve disorder lurks. Grotesque as the statement seems, epilepsy, manifest in greater or less degree, revolves upon their destinies. Charlemagne, the great and wise captain of the Franks, who stands for feudal civilization, who "snatched from darkness all the lands he conquered" and who reared an empire that no hand but his was able to control, is almost the sole exception. What says the head toll?

At 32 Alexander the Great, who had reckoned himself a god, died during or just after one of his frenetic orgies. Caesar, the foremost man of the ancient world, had strange convulsions in his later years and it may be that the dagger of Brutus saved him from declining into madness. Marlborough, who was married to a violent woman and whose only son died in boyhood, was epileptic during his ten last years of life.

The adventurous and daring Clive, world famous and the conqueror of India, at 40 was decidedly a neuropath. In his memorable duel with a brother officer he missed his aim, flung away his weapon and cried: "Shoot and be damned! I said you cheated and I say so still." Clive was passionate, morbid, gaily and an opium eater. At 49, rich and of unstinted reputation, he committed suicide. Wellington was distinctly epileptic. His fainting fits after Waterloo were frequent and it was an attack of epilepsy that carried him off. The Romanoffs have been neuropathic for nearly three centuries and one of the epileptic fits of Peter the Great is "said to have lasted three days."

Charles V., whose mother was insane, had fits in his youth and was gaily, bald and scrofulous. Frederick the Great (from the face of whose father, when he took a walk, says Macaulay, "every human being fled"), reared in a perfect hell of a palace, had a certain general unsoundness of mind to which mercy was altogether foreign.

The stock of Oliver Cromwell was not over-healthy and of the neuropathic tendencies of the Protector himself there is sufficient evidence. Mohammed—but let Mohammed rest. Joan of Arc, the divine girl-woman, seer and soldier, who came from her sheep folds of Lorraine to make victorious the oriflamme of France—Joan heard voices and saw visions and was kissed, she said, by the celestials.—London Times.

A Bluejacket's Story.

At a Chinese port is a foreigners' burial ground adjoining a native cemetery.

One day an English bluejacket was making his way to the grave of a former comrade to place a floral tribute thereon, when he overtook a Chinaman carrying a pall of rice.

The two trudged along side by side for some time, then Jack, to start a conversation, asked John what he was going to do with his rice.

John replied that he was going to place it upon the grave of his friend.

"And when do you expect your friend to come up and eat it?" laughingly asked Jack.

John was silent for a moment only, and then gave answer: "Same time your friend come to smell your flowers."—Birmingham (England) Post.

ERRORS ABOUT VOLCANOES.

Popular Theories About Smoke and Flames Are Not Correct.

The eruption of a volcano is an occasion for the reiteration of fundamental errors concerning volcanic phenomena.

The official despatches and the most serious reports say that the crater "vomits flame," that "black smoke" escapes from the mountain, and that "showers of cinders" are thrown out by the subterranean fires, says a writer in Harper's Weekly. There are as many errors as there are words in these statements. The fact is—and savants know it—that there is no combustion in volcanic phenomena; there is no eruption of fire or flame; a volcano never discharges either smoke or ashes.

Liquid lava is a noncombustion rock which melts at a high temperature. Thus heated, when red-hot, lava burns things, but it never is consumed.

This statement may raise an outcry, because every one who has seen a volcano in action has seen the fiery light from the crater. But flames never issue from the crater. What looks like fire is lurid light reflected on the clouds; the reflection of incandescent lava. Lava is often seen through the lateral fissures in the flanks of the volcanic mountains, but it seldom overflows.

The false idea that lava overflows a crater, just as water escapes from an overfull pitcher, is firmly fixed in the human mind. The newspapers recently stated to the world that "a new crater" had formed at the base of Vesuvius. Error! there is no new crater; the simple fact is this: Lava has found its way out of one of the fissures on the slope of the volcano. The lava was in the mountain, and the fissure was there, but until recently the lava had not reached the fissure. "But the smoke!" How do we account for that? No one can deny that Etna's summit is always plumed with black smoke, even when the volcano sleeps, and did not Pliny the Younger compare the smoke of Vesuvius to a gigantic pine cone on fire?

Well, yes; it looks like it! Appearances are against me, but "appearances" (in this case particularly) "are deceitful"—there is no smoke in a volcano, because there is no combustion in progress, and there cannot be smoke where there is no fire. When the ill-informed take for volumes of smoke is cloud formed by vapor—steam escaped from the crater, and when it enters the cold air it condenses and forms minute drops which mass and look like clouds of smoke.

MUSIC BY ELECTRICITY.

Vibrations of Harmony Made Possible Over Wire by Invention.

Although electricity has produced many wonders, they have been mainly of the workaday kind, says the World's Work. Now an invention has been wrought out that proves that electricity is capable of producing—not reproducing, but producing—music of rare beauty and purity. A visit to a shop in Holyoke, Mass., shows a machine that is really manufacturing music.

Dr. Thaddeus Cahill, the inventor, declares that it is as easy to create music at the other end of fifty miles of wire as to send a telegraph message. At a keyboard of his device a performer—or there may be two—lightly presses down the keys, and at receivers, perhaps many miles distant, music pours forth. In pressing the keys the performer throws upon a wire a vibration, or a set of vibrations, which turns into aerial vibrations or audible music, when they reach the diaphragm of a telephone receiver. The vibrations stand for notes and tones, and they scurry along to do their work the instant they are released. The performer is conscious only of the music he produces. He does not necessarily hear it. He need know nothing of the mechanical process he sets in action by the pressure of his fingers on the keys. Yet under his fingers the electrical vibrations are tractable and instantaneous. As will be turns an exhaustless supply of different kinds of vibrations to produce at a distance just the sounds he desires.

Creeks' Medicine Man.

The medicine man of the Creeks will not eat anything seared in cooking; he treating a gun or arrow shot would be, as well as the patient, will fast four days, only drinking a little gruel.

He will not allow a woman to look at his patient until he is well or dead. If his patient dies the medicine man takes a lot of medicine himself in order to cleanse himself from the fumes or odor of the dead. The pallbearers, as we might call those assisting in the burial, also take the same cleansing process.

And again, when an Indian committed murder, even in self-defense, he went to the medicine man and took the cleansing remedy, claiming the remedy appeased the crime and the trouble to his mind. The medicine man has a horror of women, keeping out of their company as much as possible. At the fall of each moon it was the custom of the bucks to drink medicine made by the medicine man to cleanse their systems. In camp the Indian killed nothing which was not eatable.—Indian Journal.

Sedentary Occupation of Mamma.

Dick (at club)—Does your mother-in-law sit up for you nights?

Tom—Yes. But her daughter, heaven bless her, stands up for me next morning.—Boston Transcript.

Limited Incomes in Japan.

The average monthly income in Japan after recent advances in wages is officially stated at less than \$8.

Too Much of a Good Thing.

"Even assuming that humor is the salt of life, we don't want to eat salt with a spoon. But here in America everything seems to be sacrificed to humor. Your politics have to be made humorous. Your courts of justice have to amuse. Before a great time has gone by you will be having funny sermons. We shall hear that Rev. Mr. So-and-so's Sunday morning sermon was a real screamer—that it was received with roars of laughter. Then the church service will be considered a bit too slow, and will have to be rewritten by some bright young humorist from a newspaper office. Your very murder cases will have to be made 'bright.' It is a foregone conclusion that domestic tragedies shall be side-splitting. I really am not sure that in time America will not get a comical funeral service, with a low-comedy undertaker."—Jerome K. Jerome in the Cosmopolitan.

Even Persian Lits Farr.

Phoebe was the 4-year-old daughter of a missionary to Persia, born in that land of Oriental ease and hospitality; and her little mind was imbued with such ideas of mutual compliment and her little tongue so given to graces of speech that her New England grandmother had many a shock.

The morning after the little girl arrived at the grandmother's home the old lady was brushing out Phoebe's curls, gloating over her after the fashion of grandmothers.

"My little phoebe-bird," she said over and over again.

"Why do you call me phoebe-bird?" asked the child at last.

"Here in America we have a bird that says 'Phoebe! phoebe!'" explained her grandmother.

The child smiled, and her mother, standing by, knew what was passing in Phoebe's mind. Not so the grandmother, who finished her task reluctantly at last, and then stooped down for a kiss.

"In Persia," said Phoebe, in her most capering tone, "we have one old cat, who say 'Draama! draama!'"

My Hair is Scraggly

Do you like it? Then why be contented with it? Have to be? Oh, no! Just put on Ayer's Hair Vigor and have long, thick hair; soft, even hair; beautiful hair, without a single gray line in it. Have a little pride. Keep young just as long as you can.

"I am fifty-seven years old, and until recently my hair was very gray. But in a few weeks Ayer's Hair Vigor restored the natural color to my hair so now there is not a gray hair to be seen."—J. W. Hanson, Boulder Creek, Cal.

Made by J. C. Ayer & Co., Lowell, Mass. Also manufacturers of
Ayer's SASSAPARILLA PILLS, CHERRY PECTORAL.

Where He Excelled.
Church—What degree did your son get at college?
Gotham—S. S.
"Never heard of such a degree."
"Oh, yes you have. Short stop."—Yonkers Statesman.

You Can Get Allen's Foot-Ease FREE.
Write Allen S. Olmsted, Le Roy, N. Y., for a free sample of Allen's Foot-Ease. It cures sweating, hot swollen, aching feet. It makes new or tight shoes easy. A certain cure for corns, ingrown nails and bunions. All druggists sell it. 25c. Don't accept any substitute.

Corroborative.
Caller—Don't you consider Prof. Jones by a man of much practical wisdom—not at all conceited or opinionated, you know, but full of accurate knowledge and plain common sense?

Mrs. Lapsing—Yes, indeed; I think he's one of the most saporous men I ever met.



The Kind You Have Always Bought has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision for over 30 years. Allow no one to deceive you in this. Counterfeits, Imitations and "Just-as-good" are but Experiments, and endanger the health of Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

The Kind You Have Always Bought Bears the Signature of

Chas. H. Fletcher.
In Use For Over 30 Years.

THE CENTAUR COMPANY, 27 MURRAY STREET, NEW YORK CITY.

How to Exercise the Bowels

Your Intestines are lined inside with millions of little suckers, that draw the Nutrition out of food as it passes them.

But, if the food passes too slowly, it decays before it gets through. Then the little suckers draw Poison from it instead of Nutrition.

This Poison makes a Gas that injures your system more than the food should have nourished it.

You see, the food is Nourishment or Poison, just according to how long it stays in transit.



The usual remedy for this delayed passage (called Constipation) is to take a big dose of Castor Oil.

This merely makes slippery the passage for unloading the current cargo.

It does not help the Cause of delay a trifle.

It does slacken the Bowel-Muscles more than ever, and thus weakens them for their next task.

Another remedy is to take a strong Cathartic, like Salts, Calomel, Jalap, Phosphate of Sodium, Aperient Water, or any of these mixed.

What does the Cathartic do? It merely flushes out the Bowels with a waste of Digestive Juice, set flowing into the intestines through the tiny suckers.

But, the Digestive Juice we waste in doing this today is needed for tomorrow's natural Digestion. We cannot afford to lose it.

That's why Cascarets are the only safe medicine for the bowels.

FREE TO OUR FRIENDS!
We want to send to our friends a beautiful French-designed, GOLD-PLATED BUNION BOX, hard-enamelled in colors. It is a beauty for the dressing table. Ten cents in stamps is asked as a measure of good faith and to cover cost of Cascarets, with which this dainty trinket is loaded. 718 Send to-day, mentioning this paper. Address Sterling Remedy Company, Chicago or New York.