

Mrs. Mittie Huffaker.



HAD GIVEN UP ALL HOPE. CONFINED TO HER BED WITH DYSPEPSIA.

"I Owe My Life to Pe-ru-na," Says Mrs. Huffaker.

Mrs. Mittie Huffaker, R. R. No. 3, Columbia, Tenn., writes:

"I was afflicted with dyspepsia for several years and at last was confined to my bed, unable to sit up."

"We tried several different doctors without relief."

"I had given up all hope of any relief and was almost dead when my husband bought me a bottle of Peruna."

"At first I could not notice any benefit, but after taking several bottles I was cured sound and well."

"It is to Peruna I owe my life today."

"I cheerfully recommend it to all sufferers."

Revised Formula.

"For a number of years requests have come to me from a multitude of grateful friends, urging that Peruna be given a slight laxative quality. I have been experimenting with a laxative addition for quite a length of time, and now feel gratified to announce to the friends of Peruna that I have incorporated such a quality in the medicine which, in my opinion, can only enhance its well-known beneficial character." —S. B. HARTMAN, M. D.

SMOKELESS TOWN FAR OFF.

It Will Be Reached When Science Has Whipped Us Into Line.

The smokeless city will be the inevitable consequence of the application of modern science and advanced ideas from both an economic and hygienic standpoint. But the smokeless city must be, by implication, an electrical city. It is therefore here that the theme is best considered and some of the satisfying and encouraging elements composing its analysis best set forth.

To have smokeless and electrical cities we must provide huge electrical centers at the mines. We must transmit high-tension electricity from the central stations there to the various cities around. The limits of transmission are well recognized as dependent upon the limits of insulation. These limits have not as yet been reached. It has been noted by the observers of electric progress that electric power lines are radiating farther and farther away from the home supply. It can not be said that science would have to be better known to reach the zenith of accomplishment in this reaching-out process.

It is not this by any means, but more the fact that precedent has not as yet established its basis of argument on a large enough scale. It is more a case of where the doing is delayed, because it is still to be done. A futile reason, indeed, but still the one frequently offered. The cost of a ton of coal at the mines and the cost of the power equivalent of that ton in New York City could not represent a great enough difference but to swoopingly compete with the price we pay at present. But it is not the social consequences of a revolution like this we have to deal with, but the engineering possibilities involved. If it were not the means even of considerably lowering the power or electrical equivalent of a ton of coal it would still be the only method left to follow.

The fact that men's minds are now dealing with vaster problems than before is indicative of the time when this will be the one to interest them. The development of millions of kilowatts and the coal-mining centers of the country and the transmission of this electricity to large and small cities for distribution is no more difficult to understand than the attitude we have accustomed ourselves to with regard to our water supply. The reservoir is indispensable, the pipe lines through the streets and in the houses the same. Why not coal energy in its converted form? This is the next great problem of the century and one not to be too highly relished by the railroads that carry coal. They as well as ourselves hold this power of transformation.—Electricity.

EACH VILLAGE A VENICE.

Strange Relic of Ancient Customs Prevailing in a German Forest.

One of the most interesting regions in the "old fatherland" is the so-called "Spreevald," the Forest of the Spree, situated not far from the German capital, in the province of Brandenburg. Each village is a little Venice, every house a little island, and these islets are connected by bridges sufficiently raised to allow boats to pass under them.

Most of the houses, with their barns and stables, rest on piles, and there is generally a strip of artificial terra firma either in front or at the rear of every building. By means of these land strips and of the bridges the slender land communication is kept throughout the district, but most of the business and amusement is carried on through the canals, which not only form the main highways but penetrate and cross and recross the whole region.

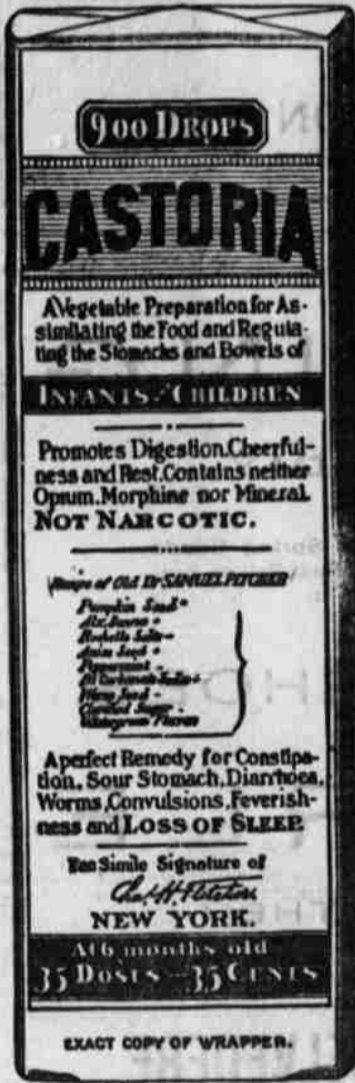
It is on these lagoons that all traffic is conducted in boats during the period from spring, when the last vestiges of frost and ice are disappearing, until the end of autumn. You see the letter carrier shoot up and down the canals, performing his duties in his frail craft; the police glide leisurely along the banks, watching everything going on; peasants bring the products of their toil to the nearest towns; children go to and from school; young mothers, dressed in their Sunday clothes, are rowed to church, carrying in their arms a small, queer-looking bundle from which two large eyes in a tiny face stare at the stranger in wonderment—baby is going to be baptized, an important moment with this strongly religious people.—Technical World.

Nicaragua Is Easy.

According to Consul Ryder, the president of Nicaragua has just given a remarkable concession for ten years at \$100 (gold) per year. The concessionaire is privileged to have a collector in the custom house at Bluefields harbor, through whose hands all shipments of rubber must pass, and he is allowed to tax it 10 cents a pound over and above the government tax of 5 cents a pound. It is estimated that the annual shipment of rubber from this district is 500,000 pounds, giving the concessionaire a revenue of \$50,000 a year, or \$500,000 for the period of his contract, although it is not to cost him more than \$1,000 for the ten years.

Don't Poison Baby.

FORTY YEARS AGO almost every mother thought her child must have PAREGORIC or laudanum to make it sleep. These drugs will produce sleep, and A FEW DROPS TOO MANY will produce the SLEEP FROM WHICH THERE IS NO WAKING. Many are the children who have been killed or whose health has been ruined for life by paregoric, laudanum and morphine, each of which is a narcotic product of opium. Druggists are prohibited from selling either of the narcotics named to children at all, or to anybody without labelling them "poison." The definition of "narcotic" is: "A medicine which relieves pain and produces sleep, but which in poisonous doses produces stupor, coma, convulsions and death." The taste and smell of medicines containing opium are disguised, and sold under the names of "Drops," "Cordials," "Soothing Syrups," etc. You should not permit any medicine to be given to your children without you or your physician know of what it is composed. **CASTORIA DOES NOT CONTAIN NARCOTICS**, if it bears the signature of Chas. H. Fletcher.



Letters from Prominent Physicians addressed to Chas. H. Fletcher.

Dr. J. W. Dinsdale, of Chicago, Ill., says: "I use your Castoria and advise its use in all families where there are children."

Dr. Alexander E. Mintie, of Cleveland, Ohio, says: "I have frequently prescribed your Castoria and have found it a reliable and pleasant remedy for children."

Dr. J. B. Alexander, of Omaha, Neb., says: "A medicine so valuable and beneficial for children as your Castoria is, deserves the highest praise. I had it in use everywhere."

Dr. J. A. McClellan, of Buffalo, N. Y., says: "I have frequently prescribed your Castoria for children and always got good results. In fact I use Castoria for my own children."

Dr. J. W. Allen, of St. Louis, Mo., says: "I heartily endorse your Castoria. I have frequently prescribed it in my medical practice, and have always found it to do all that is claimed for it."

Dr. C. H. Glidden, of St. Paul, Minn., says: "My experience as a practitioner with your Castoria has been highly satisfactory, and I consider it an excellent remedy for the young."

Dr. H. D. Benner, of Philadelphia, Pa., says: "I have used your Castoria as a purgative in the cases of children for years past with the most happy effect, and fully endorse it as a safe remedy."

Dr. J. A. Boorman, of Kansas City, Mo., says: "Your Castoria is a splendid remedy for children, known the world over. I use it in my practice and have no hesitancy in recommending it for the complaints of infants and children."

Dr. J. J. Mackey, of Brooklyn, N. Y., says: "I consider your Castoria an excellent preparation for children, being composed of reliable medicines and pleasant to the taste. A good remedy for all disturbances of the digestive organs."

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—Clean Tongue
—Calm Nerves
—Good Temper and
—Poise

Eat a Cascaret whenever you suspect you need it. Carry a little 10c Emergency box constantly with you, in your Purse or Pocket.

When do you need one?

- When your Tongues coated
- When you have Heart-burn, Belching, Acid Risings in Throat.
- When Pimples begin to peep out.
- When your stomach Gnaws and Burns.
- That's the time to check coming Constipation, Indigestion and Dyspepsia.
- That's the time to take a Cascaret.

One candy tablet night and morning, taken regularly for a short time, is warranted to cure the worst case of Constipation or Indigestion that walks the earth. One tablet taken whenever you suspect you need it will insure you against 90 per cent of all other ills likely to attack you. Because 90 per cent of these ills begin in the Bowels, or exist through poor Nutrition.

Cascarets don't purge, don't weaken, don't irritate, nor upset your stomach.

They don't act like "Physic" that flush out the Bowels with a waste of precious Digestive Juice needed for tomorrow's Bowel-work.

No, — they act like Exercise, on the Bowels, instead.

They stimulate the Bowel Muscles to contract and propel the Food naturally past the little valves that mix Digestive Juices with Food.

They strengthen these Bowel-Muscles by exercising them.

This stronger action, producing greater nutrition from food, brings back to the Bowel-Muscles greater strength for self-operation.

The Bowel-Muscles can thus, in a short time, dispense with any Drug assistance whatever.

Cascarets are safe to take as often as you need them, while pleasant to eat as Candy.

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