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. Pe-ru-na is an Equaled 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 Litterst, Seafield, Ind., says: "Last fall I took a severe cold. I took Peruna, began to improve and kept on so until I was able to do my work."

Corroborative.

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

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

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, ingrowing nails and bunions. All druggists sell it. 25c. Don't accept any substitute.

Only Way of Escape.

"One juryman brought all the rest of you around to his way of thinking? He must have presented some pretty strong arguments."

"He did. He wouldn't eat anything but garlic and limburger cheese, and he had 'em brought in five times a day."—Chicago Tribune.

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

Small Satisfaction.

The man from West Pullman was making a complaint at the water office.

"The way we are treated in our suburb," he said, "is outrageous and abominable! Water, sir, is one of the prime necessaries of life!"

"Not at all," responded the imperturbable man at the desk. "If it were, my dear sir, it would all be in the possession of some trust."—Chicago Tribune.

FITS St. Vitus' Dance and all Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. Send for FREE $2 trial bottle and treatise. Dr. R. H. Kline, Ld., 931 Arch St., Phila., Pa.

Admirable Arrangement.

"Where are you going to spend your vacation this summer, Crossway?"

"We are going out to my brother's farm in the country."

"You're not afraid to leave your house unoccupied during your absence?"

"It won't be unoccupied. My brother and his family are coming to the city for their vacation, and they'll use the house while we are away."

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.

PORTLAND APPLIANCE CO.
P. O. Box 25 Portland, Ore.

20-Mule-Team Borax

Is an Ecomomical Labor-Saving Aid to the Household

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

All dealers. Full size package Borax & Borax Soap; 32-page booklet and souvenir picture 7x14 in. 10 colors free for 10 cents and dealer's name. PACIFIC COAST BORAX CO., Oakland Cal.

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Portland Trade Directory

Names and Addresses in Portland of Representative Business Firms.

CREAM SEPARATORS—We guarantee the U. S. Separator to be the best. Write for free catalog. Hazelwood Co., Fifth and Oak.

MEN'S CLOTHING — Buffum & Pendleton, sole agents Alfred Benjamin & Co.'s correct clothes. Everything in men's furnishings. Morrison and Sixth streets. Opposite postoffice.

PIANOS & ORGANS—Many fine instruments reverted to us account of illness or removal of buyer. Write for description of pianos now on hand, terms, etc. Write today. Gilbert Co., Portland.

WHEN writing to advertisers please mention this paper.

CHICAGO BANK FAILS

President and Cashier Are Being Sought by Officers.

SHORTAGE MAY REACH MILLION

Was Largely Patronized by Foreigners and Working People—Two Men Die From Shock.

Chicago, Aug. 7.—The Milwaukee Avenue State bank, a concern with more than $4,000,000 in deposits, was closed yesterday by the state bank examiner. Out of the tremendous excitement which followed there are grave charges that the institution has been systematically looted since 1901 and there are hints that some of the state officers knew of the shaky condition of the institution two months ago, but permitted it to continue, presumably in the hope that it would straighten out its difficulties and avoid a crash.

The bank, which was largely patronized by foreigners of moderate means and working people, had 22,000 depositors, mainly with small accounts representing the savings of years of toil, and the excitement among them is intense. All of yesterday and last night they besieged the closed bank, hoping for a word of cheer. One man, who was the treasurer of a society and had deposited the funds of the society in the bank, dropped dead when he heard of the failure. Another depositor, believing that his savings of years had been swallowed up, committed suicide.

It is said the bank was closed because of the discovery of gross malfeasance on the part of at least two of its officers. President Paul O. Stensland and Cashier W. H. Herring are being sought to explain their share in the affairs. It is said that the bank has been looted of $700,000 to $1,000,000. Fictitious notes to this amount have been found. Numerous notes listed as assets, it is asserted, have been found to have been taken up, but not canceled by their makers.

THIRTEEN MONTHS IN JAIL.

Judge Hunt Pronounces Sentence on Charles Nickell.

Portland, Aug. 7.—Charles Nichell, of Medford, Or., publisher of the Southern Oregonian, a tri-weekly newspaper, and formerly a United States commissioner there, who was found guilty July 27 by a jury in the United States District court of having conspired with Henry W. Miller, Frank E. Kincart and Martin G. Hoge to defraud the government of portions of its lands, was yesterday afternoon sentenced to 13 months' imprisonment on McNeill's island by Judge Hunt.

Judge O'Day, counsel for Nickell, asked for a stay of sentence until he could prepare a bill of exceptions and obtain a writ of error. It is Nickell's intention to take an appeal.

Judge A. S. Bennett, attorney for Hamilton H. Hendricks, who was convicted Stauraday night of subornation of perjury, announced yesterday that he would take immediate steps to appeal that case also. Hendricks is to appear for sentence next Saturday morning.

DEAD WASH ASHORE.

Spanish Coast Strewn With Corpses From Steamer Sirio.

Cartagena, Spain, Aug. 7.—Numerous bodies of persons drowned in the wreck of the steamer Sirio off Hermiges islands were thrown upon the shore during the day. Most of them are persons of the better class. Several small fishing smacks have arrived, bringing survivors of the Sirio who were found floating at sea long distances from the scene of the disaster.

The first reports of the disaster declared without qualification that the captain of the Sirio had committed suicide. Later information, however, shows that he was on board the steamer when she sank, and expressed the determination to go down with his vessel. He was afterwards rescued, in spite of his refusal to be saved.

The latest figures on the disaster show that 275 passengers were lost.

Who Watches the Officers?

London, Aug. 7.—According to an Odessa dispatch to a local news agency, steamer advices from Sevastopol say that fully 20,000 persons have left the city, and the exodus is still in progress. Admiral Skrydloff, commander of the Black sea fleet, is in an awkward dilemma. He is afriad to remove the breeck blocks from the fortress guns in case the crews of the warships mutiny, and at the same time he distrusts the fortress artillerymen. At the fortress and on the warships double staffs of officers keep watch with revolvers.

Railroad Into the Yosemite.

Merced, Cal., Aug. 7.—The Yosemite Valley railroad, building from here, has been completed to Pleasant valley, 36 miles from Merced, and train service will be commenced to that point next Sunday. The grading is done on the 80 miles of the road with the exception of about 15 miles and it is expected that the road will be completed by the end of the year. The railroad company is planning to put up a fine hotel at the terminus of the road which will be at the Park Line, six miles below the entrance to the valley.

Mutiny Threatens Odessa.

Odessa, Aug. 7.—Sevastopol is still telegraphically isolated, but steamer arrivals from that port report all quiet there. The sailors of the fleet and soldiers of the fortress are apparently disheartened by the fiasco resulting from the northern mutinies. The troops at Odessa are showing unmistakable signs of unrest and the authorities are taking the most stringent measures to prevent a mutiny. Numerous patrols surround the camp.

No Wholesale Execution.

St. Petersburg, Aug. 7.—The statement that 600 of the Cronstadt mutineers have been executed is semi-officially denied.

THREE HUNDRED DROWN.

Italian Immigrant Ship Strikes Reef Off Coast of Spain.

Cartagena, Spain, Aug. 6.—A terrible marine disaster occurred Saturday evening off Cape Palos. The Italian steamship Sirio, from Genoa for Barcelona, Cadiz, Montevideo and Buenos Ayres with about 800 persons on board, was wrecked off Hormigas island. Three hundred immigrants, most of them Italians and Spaniards, were drowned. The captain of the steamer committed suicide.

The bishop of San Pedro, Brazil, also was lost and another bishop was for a time among the missing. The remainder of the passengers and the officers and crew got away in the ship's boats or were rescued by means of boats sent to them from the shore. A number of fishermen who made attempts at rescue were drowned.

Those rescued from the vessel are now at Cape Palos, in a pitiable condition, being without food or clothing.

The Sirio struck a reef of rocks known as Bajos Hormigas, and sank soon afterward, stern first. Hormigas island lies about two and a half miles to the eastward of Cape Palos.

The Sirio, owned by the Navigasiono Italiana, left Genoa August 2. All the ship's books were lost. It is impossible at present to ascertain the full extent of the disaster. Nine-tenths of the passengers were Italians, and the remainder Spaniards. All the survivors have been landed at Cape Palos. The inhabitants provided them with clothing and nourishment. Thirty were landed at Hirmagas island, about one mile from the tragedy. Fishermen brought in the first news of the foundering of the Sirio, and it created consternation here. Boatloads of the shipwrecked passengers and crew began reaching shore shortly after the news became known.

All the stokers went down with the ship. They were unable to reach the deck in time to save themselves. Among the survivors at Cape Palos are many mothers who weep and wring their hands for lost children, while there are also a number of children who are unable to find their parents. These have been admitted to the city foundling asylum.

JONES AND POTTER TO JAIL

One Year and $2,000, Six Months and $500 Respectively.

Portland, Aug. 6.—Willard N. Jones and Thaddeus S. Potter, convicted at midnight October 15, 1905, under an indictment returned by the Federal grand jury charging them jointly with conspiring to defraud the government of its public lands, were given their sentences by Judge Hunt in the United States District court Saturday.

Jones received a fine of $2,000, in addition to a term of one year at the government prison on McNeill's island. Potter fared somewhat better, as Judge Hunt took several points into consideration, which, coupled with the fact that Francis J. Heney made a strong plea for leniency in his case, prompted his sentence of six months in the Multnomah county jail and a fine of $500. Tnhe attorneys for both were given ten days to perfect any legal action looking to an appeal, and in the meantime Jones was required to give $8,000 bail, double the amount of his former bond, while Potter was permitted to go upon his original security.

The particular offense for which the two men were convicted consisted in inducing a large number of Grand Army men to file soldier homesteads in the Siletz Indian reservation, under agreement to transfer title to Jones. Ira Wade, county clerk of Lincoln county, was tried under the same indictment, but in his case the jury returned a verdict of acquittal, the evidence not being considered sufficient to convict. John L. Wells, adjutant general of the G. A. R., was also involved in the scheme of conspiracy, his influence being exercised in the direction of securing locators among the old soldiers. Wells confessed his share of complicity in the fraudulent undertaking before the grand jury and was made a witness for the government. A general shake-up in the local G. A. R. was the result of the exposures, and Wells was compelled to resign.

Hearty Welcome to Root.

Santos Paulo, Brazil, Aug. 6.—The American cruiser Charleston, having on board Secretary of State Root, Mr. Griscom, the American minister, and a party of friends, arrived at Santos Paulo, from Rio de Janeiro today. After a hearty welcome to Mr. Root in that city, the party came to this place, the capital of the state. The city was gaily decorated with flags and flowers in honor of the visitors. Dr. Tibirica, president of the state, welcomed Mr. Root at the station. Salutes were fired by the artillery here.

Coal Companies Merged.

Scranton, Pa., Aug. 6.—It was reported today on the best authority that one of the largest deals in the history of the bituminous coal business was consumated last week, whereby a corporation known as the Pennsylvania, Beach Creek & Eastern Coal company, with a capital of $8,000,000, acquired by a 999-year lease all the property and business of the Pennsylvania Coal & Coke company, the Beech Creek Coal & Coke company and the North River Coal & Wharf company, and a number of electric light and water companies.

Says Trust Contro's Trade.

Chicago, Aug. 6.—John Hill, Jr., has reopened his war on the owners of public warehouses in Chicago with the declaration that the grain trade is in the clutches of a trust. Mr. Hill says he now has evidence of the existence of an illegal combination among the warehouse men, and that he intends to fight it to its death. The Interstate Commerce commission will meet here next month, and Mr. Hill says he expects to see an investigation started.

Goes to Isthmus in November.

Panama, Aug. 6.—General Magoon this afternoon informed President Amador that President Roosevelt will visit the canal zone in November. Senor Amador, through Mr. Magoon, extended a formal invitation to Mr. Roosevelt to visit the city of Panama.

Automatic Chicken Feeder.

The feed box or trough at the bottom for the chickens to eat out of is made out of 1x6 inch boards, 3 feet long, with slats on the side 3 inches wide, making the trough 2 inches deep; end pieces of 1-inch lumber, 1 foot wide, 18 inches high. The middle partitions are cut 6 inches wide at the bottom to fit bottom of trough 3 inches high, then tapers out to 10 inches at top, that makes it a V-shape from both sides, so chickens can eat from either side of feeder. One side is fastened to end pieces and middle partitions, the other side has pieces to slide up and down between cleats, so you can shut the feed clear off or raise it up any height according to what you have in the bins. The bottoms of these bins are 1 inch from bottom of feed trough, so as the chickens eat more feed it will come down. You can have corn in one, wheat

THE AUTOMATIC CHICKEN FEEDER.

in one and grit or oyster shells in a third. The chickens can help themselves whenever they want to eat, and their feed is always clean and they can't waste their feed by getting it in the mud or snow, and the lid is on hinges, so it can be shut down and fastened, so that feed is perfectly dry. Each bin will hold one peck of feed.—Farm Progress.

Summer Cultivation.

Summer plowing will answer well on ground that has long been in sod, and which has been turned under in the spring. Such land is usually planted to corn or potatoes, and the frequent use of the cultivator keeps the ground loose and promotes decay of the sod. But potatoes for an early stock are harvested as soon as possible, which leaves the soil not only rough, but in an excellent condition for weeds. By plowing the soil after the potatoes are off it will be reduced to a finer condition, the weeds will be destroyed and the second crop of weeds retarded, so that by the time the land should be gotten ready for wheat (when it should be plowed again) the seed bed for the wheat can be harrowed down fine and nice, while all the weeds will not only have been destroyed, but prevented from seeding. If the plowing on corn land is done as soon as the corn is out, and again the land plowed before seeding the wheat, it will be a great benefit to the wheat.

Fine Wool Sheep.

The Wensleydale breed of sheep is far from common even in its home, England. None is in America. It is a fine sheep, superior in some respects to all others. It is said that for crossing on any other breed the Wensleydale has no equal. Since the Royal Agricultural Society of England commenced giving prizes for wool three years ago, the Wensleydale wool has each time secured first prize in the "any other long-

A TYPICAL WENSLEYDALE.

wooled class." No long wool produced in the British Isles is equal to the Wensleydale in quality or value.

Culling Live Stock.

A great many breeders fail to achieve the results at which they aim simply because of their reluctance to discard an occasional animal which contains a slight blemish. Wanting the best, they use what they know is not perfect to produce it, hoping nature will kindly gloss over and not reproduce the defect. Such a policy is suicidal. The breeder who would enjoy the highest success must not be afraid to cull. Let every animal which can not be rated as first-class, and strictly so, be matured and sold. Breed from only the best, and on no condition or consideration let your flock deteriorate through failure to reject the imperfect.—Agricultural Epitomist.

Use of Coal Ashes.

While coal ashes contain no fertilizing value they are certainly useful on the farm and should be saved. They are not entirely valueless in the soil, for they will materially assist in making a stiff clay soil more workable if well mixed with it. The best use for coal ashes, however, is in the filling in of wet spots, sifting them and using the fine ashes in the dust boxes in the poultry houses and the coarser portions for the making of walks alone or mixed with gravel. They may be used to advantage as a mulch around trees mainly for the purpose of keeping the soil moist and keeping grass from growing around them.

New Varieties of Potatoes.

Many varieties of potatoes come and go, and, but for the introduction of new varieties, potatoes would soon be scarce. This is due to the careless selection of seed. All the tubers of a crop are sold for seed, when only the best should be selected. If only the largest tubers from the thriftiest and strongest plants were retained for seed, there would be an improvement in the old varieties instead of deterioration in quality. But as long as seed potatoes bring good prices, there will be both good and inferior seed used.

Nail Wounds in Hoofs.

It has long been known that nail pricks and other similar injuries in the horse's hoof may lead to an infection followed by formation of pus under the horn of the hoof and a serious general disease of the horse or at least the loss of the hoof. In a bulletin of the South Dakota Station, Moore has recently reported results obtained in a number of cases from applying a strict antiseptic treatment to injuries of this sort. The method consists in paring away the horn of the hoof from the affected part until the blood oozes out. The hoof is then thoroughly washed in a solution of bichlorid of mercury at the rate of one part to 500 of water, after which absorbent cotton saturated in a solution of the same strength is applied to the wound and the whole hoof is packed in cotton surrounded by a bandage and well coated with tar. This prevents any further filth from coming in contact with the wound. The operation must usually be done by a qualified veterinarian. Subsequent treatment, however, can be applied by the average farmer, since all that is necessary is to pour a little of this solution of bichlorid of mercury upon the cotton which projects from the upper part of the bandage. The cotton will absorb enough of the solution to keep the wound moistened and hasten the healing process.

Shade the Poultry Yard.

If it is necessary to confine the poultry during the summer and the inclosure cannot be placed near the shade of buildings or trees, try the plan of growing some plants just outside the fence, but far enough from it so that the fowls cannot get at the foliage. One of the best plants for the purpose is the canna, using the cheap, tall-growing sorts, and buying the roots, not the seeds. Another quick growing plant a... one which will make an abundance of shade is the castor bean, which may be grown from seeds planted where they are to stay; that is, the young plants cannot well be transferred. Even corn set thickly will furnish some shade quickly, and if a vine is wanted, nothing is better than the common morning-glory, the seeds being sown thick and the vines trained along strings fastened to the poultry yard fence. While the vines or plants are growing erect a rough roof of boards open on all sides to supply temporary shade.

Farm Irrigation Plant.

A current wheel to run a chain and bucket gearing is quite feasible for farm irrigation purposes. Herewith is given an illustration of such a wheel for operating a chain and bucket. The

IRRIGATION BY CURRENT WHEEL.

diagram is self-explanatory.

A Pointed Question.

Two cows cost $40 each per year for keep. One of them yields you 4,000 quarts of milk a year, that bring you $86. The other yields 120 quarts, that bring you $26. The latter loses for you about $14 and reduces the gain on the former from $46 to $32. Why do you keep the 1,200-quart cow? You would be better off with the one that clears $46, for you would have only half the investment, half the work, and half the feeding, and you would gain $14 each year. There would be no surplus butter on the market for years to come and prices would rule strong if the cows were eliminated which are kept at a loss. Dairy farmers have not yet half waked up to an understanding of the great practical importance of weeding out the unprofitable cows from their herds. Many a man would make a fair profit, that now faces a constant loss, if he would keep only such cows as pay a profit on their keep.—Farm Journal.

Hauling Hay.

It is a very desirable thing to be able to haul all the hay into the barn the same day it is cut. The worriment and anxiety consequent upon the liability of a storm before morning are thus avoided, and experience has taught that hay having no more than three or four hours' sun will come out in the spring perfectly sweet and in fine condition for the cattle. In adopting this plan it is well to keep the hay constantly stirred with a tedder. There has been a fear of putting hay into some barns that contain a noticeable amount of water, but if it is properly packed by being evenly distributed over the mow, each forkful trodden upon, and the barn kept closed as much as possible the result will probably be gratifying.

Farm Tools and Implements.

On many farms, hoes, forks, shovels and other tools have to be looked up when wanted, and this looking up sometimes consumes more time than would be required by the job of work itself. Oftentimes plows, harrows and cultivators, instead of being carefully housed, are left out of doors all winter.

Apply a Good Fertilizer.

The value of vegetables depends largely upon quick growth, and if crops are not growing well some quick-acting fertilizer like nitrate of soda, guano or poultry droppings, should be worked into the soil close to the roots. Frequent cultivation of the soil with the cultivator, rake or hoe will often be all that is necessary.

Vines in the Barnyard.

The barn should never be built near the house, and wherever it is, it should be kept as sanitary as the house itself. A country barnyard should be as neat and tidy as the dooryard. There is no reason why vines should not grow over the walls and fences, and trees shade the inclosed animals. It is possible to have lilacs and mock oranges growing around the barn, as freely as about the shrubbery. The animals are not any less happy, and one can pick great bunches for oneself and friends.

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 Cats Purr.

Phœbe 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 Phœbe's curls, gloating over her after the fashion of grandmothers.

"My little phœbe-bird!" she said over and over again.

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

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

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

"In Persia," said Phœbe, in her most caressing tone, "we have one old cat, who say 'Dranma! dranma!'"

Overlooking a Bet.

"Tom's a fool!"

"Why, Margery! I thought you liked him."

"Well, we were sitting on the sofa last night and he bet me that I couldn't whistle. And I turned to him and puckered up my lips to start and——"

"Well?"

"Well, he let me whistle!"—Cleveland Leader.

Obeyed Instructions.

Man of the House—Verona, I told you to call me at 7 sharp this morning.

Domestic—I called ye as shairp as I could, sorr, but I couldn't wake ye.

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 SARSAPARILLA. PILLS. CHERRY PECTORAL.

A Coincidence.

"Miss Belle," said the teacher, "I notice one thing peculiar about your work. Your botanical specimens are exactly like those of Mr. Brown. Did you gather them, or did he do the work for you?"

"Why, er,' began the girl, "you see we just happened to be always near the same flowers at the same time."—Detroit Free Press.

Catarrh Cannot be Cured

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces. Hall's Catarrh Cure is not a quack medicine. It was 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 surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing Catarrh. Send for testimonials free.

F. J. CHENEY & CO., Props., Toledo, O.
Sold by druggists, price 75c.
Hall's Family Pills are the best.

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.

Still More Difficult.

"Did you ever notice how awkward the average woman is in driving a horse?"

"Yes. Strange, too, for a lot of them are pretty graceful at managing a mule-of-a-husband."—Detroit Free Press.

CASTORIA

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 Diarrhœa 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, 77 MURRAY STREET, NEW YORK CITY.

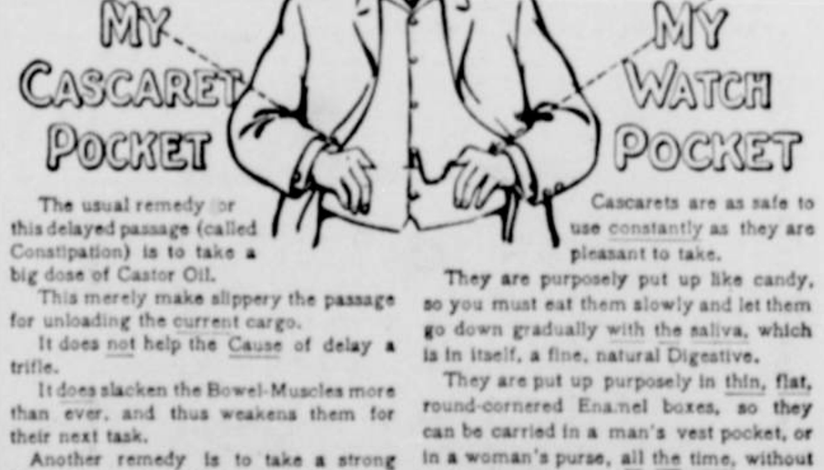
How to Exercise the Bowels

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 make 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.

They do not waste any precious fluid of the Bowels, as Cathartics do.

They do not relax the Intestines by greasing them inside like Castor Oil or Glycerine.

They simply stimulate the Bowel Muscles to do their work naturally, comfortably, and nutritiously.

And, the Exercise these Bowel Muscles are thus forced to take, makes them stronger for the future, just as Exercise makes your arm stronger.

Cascarets are as safe to use constantly as they are pleasant to take.

They are purposely put up like candy, so you must eat them slowly and let them go down gradually with the saliva, which is in itself, a fine, natural Digestive.

They are put up purposely in thin, flat, round-cornered Enamel boxes, so they can be carried in a man's vest pocket, or in a woman's purse, all the time, without bulk or trouble.

Price 10c a box at all druggists.

Be very careful to get the genuine, made only by the Sterling Remedy Company and never sold in bulk. Every tablet stamped "CCC."

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FREE TO OUR FRIENDS!

We want to send to our friends a beautiful French-designed, GOLD-PLATED BONBON BOX, hard-enameled 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. 713

Send to-day, mentioning this paper. Address Sterling Remedy Company, Chicago or New York.