

LOST 72 POUNDS.

Was Fast Drifting into the Fatal Stages of Kidney Sickness. Dr. Melvin M. Page, Page Optical Co., Erie, Pa., writes:

"Taking too many iced drinks in New York in 1895 sent me home with a terrible attack of kidney trouble. I had acute congestion, sharp pain in the back, headaches and attacks of dizziness. My eyes gave out, and with the languor and sleeplessness of the disease upon me I wasted from 194 to 122 pounds. At the time I started using Doan's Kidney Pills an abscess was forming on my right kidney. The trouble was quickly checked, however, and the treatment cured me, so that I have been well since 1896 and weigh 188 pounds."

Foster-Milburn Co., Buffalo, N. Y. For sale by all druggists. Price, 50 cents per box.

Infant's Remarkable Escape.

Whatever the reason, there is no disputing that infants live after mishaps which would have meant certain death to older folks. Whenever there is a big accident which has involved great loss of life, one nearly always reads of the remarkable escape of many children.

SALT RHEUM ON HANDS.

Buffered Agony and Had to Wear Bandages All the Time—Another Cure by Cuticura.

Another cure by Cuticura is told of by Mrs. Caroline Cable, of Waupaca, Wis., in the following grateful letter: "My husband suffered agony salt rheum on his hands, and I had to keep them bandaged all the time. We tried everything we could get, but nothing helped him until he used Cuticura. One set of Cuticura Soap, Ointment, and Pills cured him entirely, and his hands were as smooth as possible ever since. I do hope this letter will be the means of helping some other sufferer."

Deacon Blimber Wants to Know.

"There's one thing I've sort of wanted some one to tell me the reason for, quite a while back," said Deacon Blimber to the City Boarder, "and that is, why is the \$6 a week the clerk up yonder in the dry goods store gets called a salary, while the \$20 a week the blacksmith gets down to the shop is only just wages?"—Browning's Magazine.

Important to Mothers.

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Watson* in Use For Over 30 Years. The Kind You Have Always Bought.

Gem Teas.

Gem teas are London's latest craze. About six weeks ago Lord Crofton invited his friends to a "gem tea" at his house in Sloane street, and there have been lovely displays of old and new jewels at other houses.—The Gentlewoman.

TEA

Do you know good tea?
Do you know bad tea?
Do you know what we mean?
Do you know Schilling's Best?

Write for our Knowledge Book, A. Schilling & Company, San Francisco.

Mails by Sky-Rocket.

Perhaps the most unusual way of delivering mails is that adopted for one of the islands of the Tonga group in the Pacific, where the danger of approaching inshore renders it necessary for the mail steamer to use a sky-rocket as a postman.

Ask Your Dealer for Allen's Foot-Ease Powder. It rests the feet. Cures Swollen Sore Hot, Callous, Aching, Sweating Feet and Ingrowing Nails. At all Druggists and Shoe stores, 25 cents. Accept no substitute. Sample mailed FREE. Address, Allen S. Olmsted, LeRoy, N. Y.

"Mark Twain's" Drydock Definition.

It is told of "Mark Twain" that during a conversation with a young lady of his acquaintance he had occasion to mention the word drydock. "What is a drydock, Mr. Clemens?" she asked. "A thirsty physician," replied the humorist.

"Dyspepsia Tormented Me for Years, Dr. David Kennedy's Favorite Remedy cured me." Mrs. G. Dougherty, Millville, N. J. Used over 20 years. E. M. & Co., N. Y.

Dove the Emblem of Love.

The Russian name for "darling" is "my little dove;" and this same idea of a cuddling, meek, and cooling creature as love's delight runs through all oriental poetry. Again and again it recurs in the Song of Solomon.

Do it Now.

If you are about to make a trip anywhere, let me know. Pleased to give you full information as to low rates, plenty of "em this summer—train service, etc. "The Santa Fe" trade mark is the sign of safety, speed and ease.

C. F. WARREN,
Genl. Agt., A. T. & S. F. Ry., Salt Lake City, Utah.

English Tax on Bachelors.

By an act of parliament in 1695, under William III, a tax was laid on all bachelors of twenty-five years of age and upward.

GUN LOADED FOR A WITCH

Charge Consisted of Shillings, Wadded With Bible Leaves.

Nicholas Vedderman, a retired farmer of Angora, has come into possession of what he believes is a relic of the days when superstition and belief in witchcraft was general. This is an old flintlock musket which contained a charge evidently prepared for the execution of a witch. Vedderman, who devoted his time to the collection of curios, purchased the musket at an auction sale held in an old farmhouse recently. From its appearance the weapon antedated the revolutionary war, and when found was in a deplorable state of rust. In cleaning it Vedderman discovered that there was a charge in the gun, and this he carefully withdrew. To his surprise, he found instead of bullets, two silver shillings, dated 1781, tightly wadded with leaves from a Bible of ancient print. Beneath the shilling was a small lock of hair and a piece of paper containing an illegible quotation. The gunpowder was coarse and undoubtedly of colonial manufacture. Vedderman, who has made a study of such things, says it was by firing such charmed charges that the superstitious believed they could scare off witches.—Philadelphia Record.

RELICS OF THE BRONZE AGE.

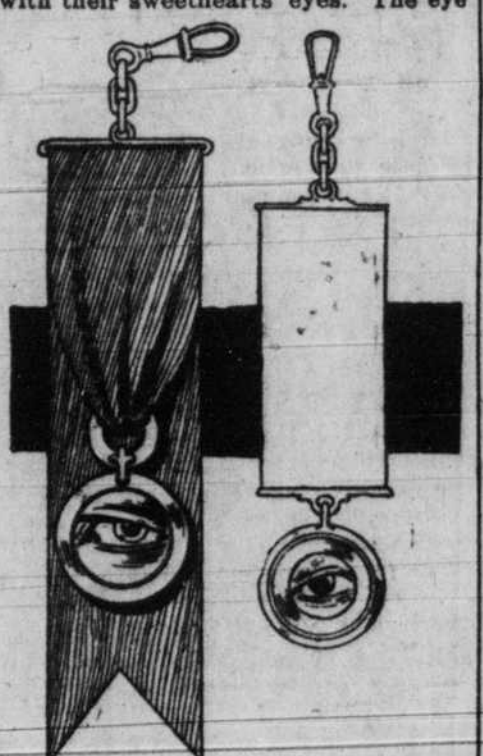
Many Articles Excavated at Renfrewshire, Scotland.

Until recently vestiges of the Bronze Age civilization in Renfrewshire have been rarely met with, though there were, doubtless, many skilled craftsmen and an extensive population in this as in many other parts of Scotland during the period in question, which is thought to have ranged in time from about the sixteenth to the second century before the birth of Christ. Lately, however, remains undoubtedly of the Bronze Age in Renfrewshire have been brought to light by excavations near the railway station at Newlands. Mr. Ludovic Mann, F. S. A. Scot., who described a few weeks ago the Newlands finds to the Society of Antiquaries of Scotland, has had the good fortune recently to locate another Bronze Age site. It is situated between Kilmaccolm and Bridge of Weir, and the most important relic found is a beautifully shaped perforated stone axe-hammer, ornamented with knobs and moldings, and in perfect preservation.

SWEETHEART'S EYE IN FOB.

Latest Fad of Fashionables in London and Paris.

Women are not alone in taking up fads. The young men of Paris and London are rushing to death the watch fobs and scarf pins ornamented with their sweethearts' eyes. The eye



is removed from a photograph, set in gold, under glass, and set into the bit of jewelry.

Baby Seal in London Zoo.

A baby seal has just arrived at the London Zoological Gardens after a series of thrilling adventures. It was first sighted near Heligoland from an English yacht, and a large killer-whale (grampus) was in full pursuit. With the idea of getting out of the water somehow or other the seal made for a passing steamer, but the killer-whale headed it off. It then made for the yacht. As it came alongside, practically exhausted, the crew slipped a couple of ropes around it and hauled it on board. The owner of the yacht sent to the London Zoo. It is very young, and it is doubtful if it can be successfully reared, but the Zoological people are doing their best for it. It doubled like a hare in trying to get away from the killer-whale.

Peculiar Life Insurance.

A curious form of life insurance is springing up in French manufacturing towns under the name of "La Fourmi" (the ant). The peculiarity is that the longer a man lives, the less he becomes entitled to. The payment of \$200 a month assures the payment of \$200 to the heirs of a man dying before the age of 38, the payment diminishing proportionately to \$102 at 51. The idea seems to be that if a man dies young his children are likely to be in want, but that when he is fifty they will be able to earn their living.—London Answers.

Men Lays Remarkable Egg.

A hen belonging to Sergeant Dillcock, a Padham Volunteer instructor, has laid a remarkable egg, says the London Telegraph. The egg has a flat side, upon which is a striking resemblance of the dial of a clock minus the hands, equidistant round the circle being twelve raised sections, much like Roman numerals.

SAW THE FEET OF CLAY.

Charlotte Bronte Disturbed at Appearance of Her Ideal.

As a child Charlotte Bronte adored Thackeray, long before the author of "Vanity Fair" became known to her personally. At last the two met, and here is Thackeray's version of that memorable first meeting, as related by one of his biographers.

"Behold a lion cometh up out of the North!" the girl quoted underneath her breath, as Thackeray entered the drawing-room. Some one repeated it to him.

"Good gracious!" said Thackeray, "and I am nothing but a poor specimen of an Englishman, ravenous for my dinner."

At dinner Miss Bronte was placed opposite Thackeray by her own request.

"And I had," said he, "the miserable humiliation of seeing her ideal of me disappearing down my throat, as everything went into my throat and nothing came out of it, until at last, as I took my fifth potato, she leaned across, with clasped hands and tears in her eyes, and breathed imploringly: 'Oh, Mr. Thackeray, don't!'"

The Reason Why.

Drummond, Wis., Aug. 21st (Special)—Whole families in Bayfield County are singing the praises of Dodd's Kidney Pills and the reason why is given in experiences such as that of Mr. T. T. Wold, a well-known citizen here.

"I had such pains in my back that I did not know what to do," says Mr. Wold, "and as I came across an advertisement of Dodd's Kidney Pills, I sent for a box. That one box relieved me of all my pains. My wife also used them and found them just what she needed. I recommend Dodd's Kidney Pills as a sure cure for Backache and other Kidney Troubles."

Backache is one of the earliest symptoms of Kidney Disease. Dodd's Kidney Pills cure it promptly and permanently and prevent it developing into Rheumatism, Dropsy, Diabetes or Bright's Disease.

Speed of Submarine Boats.

Submarines can travel seventy or eighty miles at a speed of eight or nine miles an hour under water, can regulate their position at any reasonable depth, and can move or turn in any direction.

USE THE FAMOUS

Red Cross Ball Blue, Large 3-oz. package 5 cents. The Russ Company, South Bend, Ind.

EXCLUSIVENESS AS A FAULT.

Man's Weakness in Separation from Rest of His Kind.

A man is but a cluster on the great human grapevine. He begins to dry up the moment he is cut off from his fellows. There is something in the solidarity of the human race which cannot be accounted for in the sum total of all the individuals. Separation from the mass involves a mighty loss of power in the individual, just as there is a loss of cohesion and adhesion involved in the separation of the molecules and atoms of the diamond. The value of the gem is in the close contact, the compactness, and the concentration of the particles which compose it. The moment they are separated its value is gone. So a strong, effective man gets a large part of his strength from the vital connection with his fellows.—Success Magazine.

Why "Tawdry" Laces.

A curious bit of English history is preserved in the word "tawdry." It acquired its present meaning from the phrase "tawdry laces" a corruption of "St. Audrey laces," sold at St. Audrey's fair, which was the same as St. Etheldreda's fair. Etheldreda was queen of Northumberland and abbess of Ely and died in the year 679.

Made His Name Remembered.

Capt. H. Wilkinson was the first person to set foot upon the Antarctic continent. He landed in Victoria land in 1854.

WRONG SORT

Perhaps Plain Old Meat, Potatoes and Bread may Be Against You for a Time.

A change to the right kind of food can lift one from a sick bed. A lady in Weldon, Ill., says: "Last Spring I became bed-fast with severe stomach trouble accompanied by sick headache. I got worse and worse until I became so low I could scarcely retain any food at all, although I tried every kind. I had become completely discouraged, had given up all hope and thought I was doomed to starve to death, till one day my husband trying to find something I could retain brought home some Grape-Nuts.

"To my surprise the food agreed with me, digested perfectly and without distress. I began to gain strength at once, my flesh (which had been flabby) grew firmer, my health improved in every way and every day, and in a very few weeks I gained 20 pounds in weight. I liked Grape-Nuts so well that for 4 months I ate no other food, and always felt as well satisfied after eating as if I had sat down to a fine banquet.

"I had no return of the miserable sick stomach nor of the headaches, that I used to have when I ate other food. I am now a well woman, doing all my own work again, and feel that life is worth living.

"Grape-Nuts food has been a god-send to my family; it surely saved my life and my two little boys have thriven on it wonderfully." Name given by Postum Co., Battle Creek, Mich. There's a reason.

Get the little book, "The Road to Wellville," in each pkg.

CARE OF THE BODY

How to Acquire and Retain the Priceless Possession of Good Health

Summer Disorders of Infancy.

The most common stomach disorder is known as acute gastric catarrh, acute indigestion, or acute dyspepsia—all three terms signifying the same disorder. The chief cause is irritation due to food, improper in quantity or quality, spoiling in the stomach.

This malady rarely occurs in infants fed on good breast milk, unless something occurs to upset the mother. Older children often have attacks from eating too much candy, unripe fruit, pastry and the like. In grown people this disorder is called a "bilious attack."

In bottle-fed infants, especially during the summer months, it is a very common complaint. The symptoms are loss of interest in play and surroundings, starting in the sleep, crying with colic pains, drawing up the legs on the abdomen, sharp, shrill cry, paleness around the mouth, blueness of the skin and cold feet; in severe cases, fever, nausea and vomiting of mucus and undigested food. When the food has been more than usually indigestible there are often convulsions and symptoms resembling those of inflammation of the brain and spinal cord.

The writer remembers well a typical case. A child of three years, after eating a number of windfallen apples and drinking two cups of milk, was suddenly seized with convulsions, occurring every half hour or less, and remained unconscious for hours. Some effort had been made to empty the stomach by vomiting, but in vain. An emetic and tickling the throat with a feather brought up a mass of lumps of unripe apple and large, sour curds. This soon restored the little one to consciousness. A thorough enema and dose of castor oil freed the alimentary canal of the undigested food and poisons produced by it; but several days of fever followed, during which no food could be retained by the stomach, and even water was rejected for a time.

The best treatment in case of acute indigestion is to empty the alimentary tract at once by an emetic of warm water or the stomach lavage; a thorough enema and a mild cathartic to free the bowels. Stop all food at once, and do not try to put anything into the stomach until the vomiting ceases, unless it be ice-pills or sips of hot water.

The colic pains can often be relieved by fomentations. In the chill stage at the onset, a warm full bath or a warm sheet pack is good; and a hot mustard foot bath when the feet are cold. If there is diarrhea, hot enemata, followed by tepid or cool ones, are often very soothing. In cases of infants, especially bottle-fed babies, all milk should be kept out of the food for a time. During the first twenty-four to thirty-six hours, only pure cold water or ice should be given. After vomiting and purging cease, the child may be fed a teaspoonful or two of white of egg (the white of one egg mixed with four ounces of water or gruel). When the patient begins to convalesce, milk, modified and sterilized, may gradually be given.

Watch the effects of the change of food, as the stomach is likely to remain irritable for a long time, and relapses are common, which, in hot weather especially, may result in cholera infantum, or some other acute inflammatory disorder.

Tobacco.

Since Jean Nicot discovered Nicotine, tobacco has had a hard name, but recent chemical investigators tell us the world has been on the wrong track for generations, and that nicotine has nothing to do with the tremors, the nervousness, and the other ills that afflict the habitual smoker.

The injurious property is, it seems, carbon monoxide gas, which is the very constituent that is dangerous in common water gas. The smoker should know, then, that in consuming one ounce of tobacco he produces one whole pint of carbon monoxide, which is a very fearsome thing. The cigarette, the object of execration by all good men and women, especially women, produces very little of the monoxide, but if the practice of inhaling is followed, the deadly gas goes straight to the blood in the lungs, turns it pink and poisons it. The cigar is the great producer of the obnoxious gas, and would be more harmful than the pipe, were it not for the ordinary pipe's incurable filthiness.

Scientists are agreed that there is something bad about tobacco, whatever its name may be. Yet the sales are growing at so rapid a rate all over the world that the people seem to be rushing blindly to their own destruction, unmindful and regardless of their doom. And the hardened smoker believes that this is a case where ignorance is bliss.

Simple Test for Pure Air.

Dr. A. T. Schofield, in his new book, "Nerves in Order, or The Maintenance of Health," gives the following simple test of indoor air which any one can easily make:

"Put one tablespoonful of clear lime water into a half pint bottle that has previously been brought into the room full of water, and emptied there so as to be filled with the actual air to be tested. If the bottle be then corked and the tablespoonful of lime water shaken up and down, it will get cloudy with chalk if the air be unfit to breathe, whereas it will remain clear if it is fairly pure."

To Bait the Merciless 'Skeeter.

With the ferocious mosquito now out hungrily seeking his prey, it would be well for those leading an outdoor life to know that a good way to keep these and similar pests at a distance is to apply to the hands and face the following lotion, recommended by the Journal of the Outdoor Life:

Spirits of camphor 12 dr.
Oil of lavender 2 dr.
Oil of pennyroyal 2 dr.

Here's another hint from the same journal. Scientists who have gone boldly into the favored haunts of the mosquito to study his ways, have discovered that the insects are partial to some colors and averse to others. They particularly dislike yellow. Their favorite is dark blue, with dark red next, then brown, then scarlet; then black, then blue gray, then olive green, then violet, then pearl gray, then white.

It should be borne in mind that the mosquito is the chief source of malarial infection. Certain species of mosquito constantly carry with them in their bodies the malarial parasites, and in inflicting their bite they inject some of these parasites into the blood.

Dr. Schoo has observed that when mosquitoes have access to acid fruits their bite becomes less poisonous, or quite harmless. And Professor Celli has observed that in portions of Italy where tomatoes are largely cultivated, the people are practically free from malarial infection, although the region is naturally very malarious. It would seem, then, that the wide cultivation of acid fruits, such as tomatoes, strawberries, and other succulent varieties, may be made an important factor in ridding the world of this very troublesome pest.

Hygiene of Churches.

The poet tells us that the groves were God's first temples. From a health standpoint they were far superior to our magnificent modern edifices, where the worshippers come in contact with countless germs lurking in the upholstered seats, and in the dust-laden carpets, and their minds are stupefied by being compelled to inhale the poisons that are constantly exhaled from the lungs of others, be they sick or well.

Clergymen should feel pride in having their churches hygienically constructed and well ventilated. Fixed carpets should not be used in places of worship where so many people congregate. The example of the great Roman divine, the bishop of Faenza, in Italy, is a good one to follow in this respect. A circular was recently issued by him in which he asks the priests of his diocese to comply with the following rules:

"1. In every church the floor must be regularly cleaned with sawdust, saturated with a strong sublimated solution. This thorough cleaning should take place particularly after holidays when great masses of people have visited the church.

"2. Every week all ordinary chairs and confessional chairs, should be thoroughly cleaned with moist rags.

"3. The grate of the confessional chairs must be washed every week with lye and then polished."

Pleasant Prescriptions.

One word, you hypochondriac! Let nature heal your woes. If you are blue, despondent, Just call on Dr. Rose.

With thorns, mayhap, he'll lance you, But, then, to heal the smart, He'll charm you with his beauty, And sweetness, rare impart.

If appetite is flagging, Just call on Dr. Green. He'll take you through the meadows Where beauties rare are seen. He'll give the green-leaf tonic And spices from the wood; One treatment will convince you His medicine is good.

Mayhap ennui afflicts you; Go, call on Dr. Lark; (You'll find him in the meadows) And to his music hark. He'll tell you of the woodland, Breathe secrets of the hills; And listening to his sweetest notes Will banish all your ills.

Therefore I am repeating: Let Nature cure your woes. There's healing in the meadows; There's health hid in the rose. Go revel in the gladness That's rampant in the hills, And flowers, and birds, and beauty Will rob you of your ills.

Best Sleeping Place for Hot Weather.

The healing power of the great outdoors is rapidly becoming known to the great public, and an increasing number are availing themselves of the curative and hygienic advantages of the outdoor life.

The present is a favorable time for getting used to the outdoor life. A tent pitched in the yard or a screened porch is a far better sleeping place for the present season than an ordinary bedroom. To get the greatest possible benefit from the outdoor life, one needs to live out continuously, day and night. The average man spends one-third of his life in sleep. The conditions which surround the body during sleep must necessarily exercise a powerful influence upon life and health. If this time is spent outdoors, in contact with the fresh air and the invigorating influence of the open air, a result in the highest degree beneficial must certainly be experienced.

One who is accustomed to sleeping outdoors can hardly endure the atmosphere of the house. Even with windows wide open there seems something lacking. A sense of depression or oppression is felt—a sort of cloud, which is lifted when one again gets under the open sky.

You be the Judge
TRY A CAN OF
THREE CROWN

THE QUALITY BAKING POWDER

It will cost you nothing if it isn't the "Best of the good ones."

Hewlett Bros. Co.

Insured Runaway Slaves. In 356 B. C., when Alexander the Great was emperor, the Greeks had a scheme of insuring runaway slaves.

TEA

Moneyback says: whatever you buy Schilling's Best, your grocer returns your money if you don't like it.

Write for our Knowledge Book, A. Schilling & Company, San Francisco.

Alderney Cows.

There are certainly not a hundred cows approaching the pure Alderney breed in the entire island of Alderney, yet one dealer advertises that he annually imports "from the island" upward of one thousand cows.

TEA

The most significant word between you and your grocer is moneyback.

Signifies fairness.

Your grocer returns your money if you don't like Schilling's Best.

Use for Child Elocutionist.

"It is a great comfort to have a child about the house," said the man of domestic tastes. "Yes," answered the unfeeling wretch; "when company comes that you don't care for you can make it recite."—Exchange.

TEA

Almost nobody takes the money; almost nobody wants the money.

Your grocer returns your money if you don't like Schilling's Best.

Where Dickens Found Inspiration.

At Barnard Castle, in Durham, Charles Dickens found the groundwork of "Nicholas Nickleby."

Here is Relief for Women.

Mother Gray, a nurse in New York, discovered a pleasant herb remedy for women's ills, called AUSTRALIAN-LEAF. It is the only certain monthly regulator. Cures female weaknesses, Backache, Kidney and Urinary troubles. At all Druggists or by mail 50 cts. Sample mailed FREE. Address, The Mother Gray Co., LeRoy, N. Y.

Purest City Air.

The purest air in cities is said to be that about twenty-five feet above the street surface.

TEA

Americans drink the worst tea in the world. There is plenty of good here too.

Your grocer returns your money if you don't like Schilling's Best.

Illiteracy in Scandinavia.

Two men in a thousand in Sweden are illiterate, three in Norway, and Denmark, seventy-eight in Russia, and 13.6 in England.

TEA

Tea is a dainty taste and a dainty feeling. Coffee is dainty too, but another sort altogether.

Your grocer returns your money if you don't like Schilling's Best.

Chinamen Laugh at Death.

Chinamen have been known to offer themselves as substitutes for execution on the understanding that certain sums of money will be paid to their families.

TEA

Tea is cheaper than water, if tea is comfortable and water is not.

In every package of Schilling's Best Tea is a booklet, How to Make Good Tea.

Dreary Outlook for the Man.

Only a man who has married an intellectual woman can appreciate the monotony of having brains for breakfast 365 days in the year.—New Orleans Picayune.