

YOU'RE TOO THIN.

Even Slight Catarrhal Derangements of the Stomach Produce Acid Fermentation of the Food.

It's Stomach Catarrh

Some people are thin and always remain thin, from temperamental reasons. Probably in such cases nothing can be done to change this personal peculiarity.

But there are a large number of people who get thin, or remain thin, who naturally would be plump and fleshy but for some digestive derangement. Thin people lack in adipose tissue. Adipose tissue is chiefly composed of fat.

Fat is derived from the oily constituents of food. The fat-making foods are called by the physiologist, hydrocarbons. This class of foods are not digested in the stomach at all. They are digested in the duodenum, the division of the alimentary canal just below the stomach. The digestion of fat is mainly, if not wholly, the work of the pancreatic juice. This juice is of alkaline reaction, and is rendered inert by the addition of acid. A hyperacidity of the digestive fluids of the stomach passing down into the duodenum, destroys the pancreatic fluid for digestive purposes. Therefore, the fats are not digested or emulsified, and the system is deprived of its due proportion of oily constituents. Hence, the patient grows thin.

The beginning of the trouble is a catarrhal condition of the stomach which causes hyperacidity of the gastric juices. This hyperacidity is caused by fermentation of food in the stomach. When the food is taken into the stomach, if the process of digestion does not begin immediately, acid fermentation will take place. This creates a hyperacidity of the stomach juices which in their turn prevent the pancreatic digestion of the oils, and the emaciation results.

A dose of Peruna before each meal hastens the stomach digestion. By hurrying digestion, Peruna prevents fermentation of the contents of the stomach, and the pancreatic juice is thus preserved in its normal state. It then only remains for the patient to eat a sufficient amount of fat-forming foods, and the thinness disappears and plumpness takes its place.

He Had Broken Something.

Mrs. Wilson had a young Japanese servant who had a habit of trying to conceal from his mistress any breakage of dishes of which he chanced to be guilty. The good lady explained that it was wicked to deceive, and directed the Japanese to tell her whenever he broke anything. The boy promised to do as she advised. One day, while Mrs. Wilson was entertaining some friends in the parlor, the Japanese suddenly appeared in the doorway. His teeth were bared in a childlike smile, and his eyes sparkled with the light of conscious virtue.

"Meesa Wilson, you ter-ra me, when break someting to ter-ra you. I break my pants!"—Success Magazine.

NO, BUT HE USED TO BE.



"Are you interested in things psychical, Mr. Dubbs?" "No, Miss Culchaw; I haven't wheeled any since the chainless-gear safety came in."

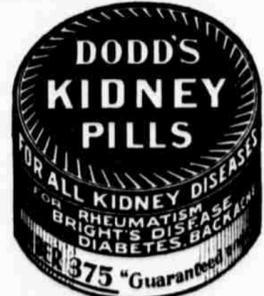
It Cures While You Walk.

Allen's Foot-Ease is a certain cure for hot, sweating, callous, and swollen, aching feet. Sold by all Druggists. Price 25c. Don't accept any substitute. Trial package FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Jersey Legislation.

"That was a disgusting slap the governor took at our bills," said the New Jersey legislator.

"Seemed to irritate him as much as mosquito bills," admitted the disgruntled colleague.



SICK HEADACHE

Positively cured by these Little Pills.

They also relieve Dis-tress from Dyspepsia, Indigestion and Too Heavy Eating. A perfect remedy for Dizziness, Nausea, Headaches, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable. SMALL PILL, SMALL DOSE, SMALL PRICE.

Genuine Must Bear Fac-Simile Signature. REFUSE SUBSTITUTES.

RACE WAR IN TEXAS; NINE NEGROES LYNCHED

Tragedy Follows the Murder of Two White Men, Which Was Laid to Members of Black Race.

Houston, Texas—Sunday night nine negroes met death at the hands of a mob in the vicinity of Hemphill, in Sabine county, and as a result a terrible race war is feared, every man in that section having secured arms, and an attack is expected at any moment. The lynching followed the killing of two white men by negroes. Two weeks ago Hugh Dean and several other white men visited the negro church and school house where a dance was in progress, presumably a quest of liquor, it being the custom of some of the negroes to sell whiskey during the progress of such affairs.

During the evening Dean was killed and six negroes were held for the killing. At the preliminary examination the evidence tended to show that the plot was formed at the dance to kill Dean.

Saturday last, Aaron M. Johnson, a prominent farmer, was assassinated while seated at a dining table with his wife and child, the bullet being fired through a window. For this crime Perry Price, a negro, was arrested, and, it is stated, confessed, implicating Robert Wright, a relative of one of the negroes held for Dean's murder. Price declared he was offered \$5 to kill Johnson.

Then followed the forming of a mob, the overpowering of the jailer at Hemphill and the lynching of six negroes held for the murder of Dean. Five were hanged to the same tree, while another attempted to escape and was shot to death. Later in the night William McCoy, another negro, was shot and killed while standing at the gate of the Johnson home, and next morning the bodies of two more negroes were found in the creek bottom.

LOOKING FOR TROUBLE.

Bloodthirsty Document Issued and Distributed About Manila.

Manila.—An inflammatory anti-American circular has been issued here anonymously and distributed. It bears the cabalistic signs of the old Katipunan society, and denounces the Americans, saying they have brought tyranny instead of liberty, and that their purpose is to rob and enslave the Filipinos. It calls them shameless, dishonest, drunken thieves, attacks the morality of American women and accuses the government of graft.

Pending open revolution, it urges a campaign involving the assassination of individual Americans, burning their houses, killing their animals and concluding with the wish for "long life to the Filipinos" and "death to the Americans." It is doubted if the circular will be productive of any serious results.

BROKE ANTI-TRUST LAWS.

Twenty-four Paper Manufacturers Fined \$2,000 Each.

New York.—Twenty-four companies manufacturing manila wrapping paper were fined \$2,000 each by Judge Hough in the United States circuit court on Monday. They pleaded guilty on Friday last to maintaining an illegal combination in restraint of trade. They were members of the Manila and Fiber association.

In imposing the fines, Judge Hough said that the combination of paper manufacturers was a clear violation of the Sherman anti-trust law, but because of extenuating circumstances he would impose a fine only. The companies have arranged to pay their fines through their counsel.

Town Wiped Out by Fire.

Three Rivers, Quebec.—Fanned by a high wind, a fire which broke out shortly before noon Monday, in a stable, was not checked until the greater part of the lower town, containing the business section of the city, had been consumed. Then, with the assistance of firemen summoned by special trains from Montreal, Quebec, Sherbrooke and Grande Mere, it was held in check. Almost every building of any consequence in that section of the city was destroyed, including the postoffice, the city hall, every hotel worthy of the name with one exception, the fine building of the Hotel de la Gare, and most of the leading stores. Over 300 buildings were burned.

SIGNS OF CIVILIZATION.

Members of Russian Duma Get Increase in Salary.

St. Petersburg.—The cabinet on Monday introduced in the duma a bill raising the salaries of the members of the duma to \$2,100 a year, with a penalty of \$12.50 for each day a deputy is absent. If not enacted by the chair. The bill meets the wishes of the deputies, as they complain that the sum they now receive is wholly inadequate to the St. Petersburg scale of living, and it is expected to pass without opposition.

Seven Deaths in Chicago From Heat Prostration.

Chicago.—The hottest day of the year, with the mercury standing at 94 degrees, brought death and suffering to Chicago on Monday. Seven deaths were reported to the coroner's office and heat prostrations were numerous. In addition, a mad dog scare spread throughout the city, and the chief of police ordered his men to shoot all unmuzzled dogs. A similar order issued in Morton Park, a suburb, resulted in the killing of forty dogs in a few hours.

NEWS SUMMARY

The warm weather on Sunday drove thousands to the beaches at New York City for relief, and as a result eight drownings were reported.

The powers interested have agreed to send a warship to Tangier to safeguard the lives and property of foreigners.

The world's sheep-shearing record is 2,394 animals in nine hours. This was done at Hawks Bay station, in Australia.

Five unidentified Italians, railroad laborers at Lehigh, Pa., on the Pocono mountains, were killed by a premature blast.

The public schools of Cleveland may be equipped with bookholders which enable the scholars to sit erect while studying.

The total value of the crops and live stock in Kansas this year is figured out by the board of agriculture to be \$463,648,696.

The national congress of San Domingo has proclaimed General Ramon Caeceres re-elected president of the republic for a term of six years.

Governor Glenn, on June 19, amid imposing ceremonies, signed the proclamation making prohibition effective in North Carolina, January 1, 1909.

A French engineer named Ponteaux announces the invention of an electric gun which, without powder or other explosive, is capable of firing 1,200 shots a minute.

Dr. Thomas W. Small, surgeon of the American line steamer St. Louis, committed suicide in his cabin on the steamer at New York by shooting. No cause for the act is known.

A man and a woman have been condemned to death at Warsaw on the charge of being implicated in a recent attempt to kill General Skalon, governor general of Warsaw.

Santa Fe locomotive shops of the entire system were last week ordered closed until June 29. This will affect over 1,000 men in Topeka, Kansas. Scarcity of work is given as the cause.

It is reported that in a fight between Yaqui Indians and Mexican troops, at a water hole between Guaymas and Hermosillo, several Mexican soldiers were killed. The troops are still pursuing the Yaquis.

All publications having anarchistic tendencies will hereafter find it practically impossible to make use of the United States mails for their distribution as the result of orders issued by the postmaster general.

Daniel Jones, Frank Spikes and Haywood Lee, white, all of Raleigh, S. C., were killed at the Raleigh phosphate works by the escape of sulphuric acid gas. Three others were almost overcome but recovered.

The Lemolne diamond case came to a sensational ending with an unexpected climax in Paris last week. Lemolne has fled, and his famous formula for the manufacture of diamonds is a fantastic fact.

Fifty fishing boats have been wrecked off the coast of Kagoshima, and 350 of their crews have been drowned. The governor of the province has requested assistance from the government navy yard at Sasebo.

The census bureau has issued a preliminary report showing that the total cut of lumber in the United States during the calendar year 1907 was 47,256,154,000 feet, board measure, the number of lumber mills being 28,850.

The Vigorit powder plant at Pinole, a few miles north of Berkeley, Cal., caught fire, causing the nitro-glycerine mixing house to blow up. As there was plenty of time for the employees to escape, none of them was injured or killed.

Six firemen were injured and property loss estimated at about \$50,000 was caused in a fire which partially destroyed a four-story brick building in Chicago, occupied by the Commercial Cabinet company and the American Industrial company.

William Hamilton Young, manager of the Washington office of the Western Union Telegraph company and familiarly known to newspaper men throughout the country as Col. Ham Young, died on June 19. He was one of the oldest telegraphers of the country.

The Westinghouse electric interests in Germany have formed a combination with the Bergmann Electric company of Berlin, whereby the Bergmanns will install the Westinghouse electric traction systems in that country.

Detachments of the Russian force that recently invaded Persian territory in punishment for the depredations of Persian brigands are withdrawing. With the payment by Persia of the indemnity exacted the difficulty with Teheran is considered at an end.

E. T. Bethel, the British subject who was found guilty before a British court at Seoul of spreading sedition through the medium of a newspaper published in the Korean vernacular, and of which he is proprietor, has been sentenced to three weeks' imprisonment.

The steamship lines which carry freight from New York to the West Indies and Panama have been hard hit by the slump in freight traffic. Representatives of these lines say that they are now carrying about two-thirds as much freight as they did at this season last year.

Additional arrests of alleged Mexican revolutionists were made last week at Nueveceses Grandes, Mexico. Thirty are now in jail. Among the prisoners is Santa Ana Perez, leader of the Temosachic revolution of 1893, when the Mexico custom house of Polomas was raided.

PLEASANT FOR PAPA.



The Minister—You kept beautifully still while I was preaching, Willie. Did you like the sermon? Kid—No, sir; but papa said he'd spank me good and plenty if I woke him up.

ECZEMA ALL OVER HIM.

No Night's Rest for a Year and Limit of His Endurance Seemed Near—Owes Recovery to Cuticura.

"My son Clyde was almost completely covered with eczema. Physicians treated him for nearly a year without helping him any. His head, face, and neck were covered with large scabs which he would rub until they fell off. Then blood and matter would run out and that would be worse. Friends coming to see him said that if he got well he would be disgraced for life. When it seemed as if he could possibly stand it no longer, I used some Cuticura Soap, Cuticura Ointment, and Cuticura Resolvent. That was the first night for nearly a year that he slept. In the morning there was a great change for the better. In about six weeks he was perfectly well. Our leading physician recommends Cuticura for eczema. Mrs. Algy Cockburn, Shiloh, O., June 11, 1907."

IMPRESSED THE LITTLE ONE.

Department of Colored Gentleman a Matter of Admiration.

Little Elsie, who had recently returned from a visit to Washington, was describing to her companion some of the wonderful things she had observed in the Capitol City.

"One evening," said she, breathlessly, "papa took me to have supper at a grand hotel where the dining room was awfully big, and at the tables around us sat great senators and representatives with their wives, all drinking champagne!"

"I suppose the manners of these great persons were perfect?" ventured her companion, with widened eyes.

"Yes," returned Elsie. "But," she added, with a sudden burst of enthusiasm, "the department of the colored gentlemen who served the wine was perfectly beautiful!"

What the Fox Really Said.

The fox that Aesop made looked up at the grapes.

"Grapes sour!" hooted the old owl for up in the vines.

"They may be," yawned the fox, indifferently, "or they may be preserved sweet by some chemical process. You know the pure food laws are not as strict as they might be. Anyway, I don't care for them because I am afraid of appendicitis."

And sly Reynard darted away to enjoy the sport of a fox hunt.

Innovation in Politics.

The recent municipal elections in Paris were remarkable not only for the candidature of M. Laloe, who was soundly beaten, but for the first recorded candidature of a domestic servant. The liveried class is supposed to take on the political color of its surroundings and to be ultra-conservative as a rule, but this candidate stood as a republican socialist, and he is said to have been strongly supported by his kind.

The Very Way.

"I don't understand an expression in the book I have been reading, pa; how do you get 'over the bay'?"

"By taking a schooner, my daughter."

FULLY NOURISHED.

Grape-Nuts a Perfectly Balanced Food.

No chemist's analysis of Grape-Nuts can begin to show the real value of the food—the practical value as shown by personal experience.

It is a food that is perfectly balanced, supplies the needed elements of brain and nerves in all stages of life from the infant, through the strenuous times of active middle life, and is a comfort and support in old age.

"For two years I have used Grape-Nuts with milk and a little cream, for breakfast. I am comfortably hungry for my dinner at noon."

"I use little meat, plenty of vegetables and fruit in season, for the noon meal, and if tired at tea time, take Grape-Nuts alone and feel perfectly nourished."

"Nerve and brain power, and memory are much improved since using Grape-Nuts. I am over sixty and weigh 155 lbs. My son and husband seeing how I have improved, are now using Grape-Nuts."

"My son, who is a traveling man, eats nothing for breakfast but Grape-Nuts and a glass of milk. An aunt, over 70, seems fully nourished on Grape-Nuts and cream." "There's a Reason."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville." In pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

TOO GOOD FOR THIS EARTH.

Type of Office Boy a Creature of Funny Man's Brain.

"So you have come in answer to my advertisement for office boy?" said the old broker briskly. "Do you smoke cigarettes?"

"No, sir," replied the saintly youngster in the doorway.

"Chew gum or read novels?" "Never, sir."

"Play juggler with the paper weights or talk nonsense through the telephone when your employer is absent?"

"No, sir." "Ever go to the circus?" "Never saw a circus in my life, sir."

"How about baseball? Do you take two or three afternoons a week to see the game?"

"Don't like baseball, sir." The old broker bit the end off his cigar.

"My boy," he said, quietly, "this is the twenty-ninth story, isn't it?" "I think so, sir."

"Well, it is not high enough for you." "Not high enough for me, sir?" "No, you belong up in paradise."—Chicago News.

A MATTER OF COMPULSION.

No Soup, No Dinner, the Rule Laid Down by Barney.

Six years ago, when the king visited Dublin, some amusing incidents were recorded due to the grotesqueness of some hotel waiters apparently just fresh from rural life.

One hotelkeeper told such a newly imported "server" that he must always serve every one with soup at dinner and be quite certain that he had it.

Thereupon ensued the following scene between a visitor and the new waiter: "Soup, sir?" said Barney.

"No sir for me," said the visitor. "But you must have it," said Barney. "It's the rules of the house."

"Hang the house!" exclaimed the visitor, highly exasperated. "When I don't want soup I won't eat it. Get along with you!"

"Well," said Barney, with solemnity, "all I can say is just this—it's the rules of the house andorra a drop else ye'll get till ye finish the soup!"—London Telegraph.

Deafness Cannot Be Cured

by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies.

Deafness is caused by an inflamed condition of the mucous lining of the Eustachian tube. When the tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, deafness is the result, and unless the inflammation can be taken out and the tube restored to its normal condition, hearing will be destroyed forever. Nine cases out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surfaces.

We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by HALL'S CATARRH CURE. Send for circular, free.

J. C. HENNEY & CO., Toledo, O. Sold by Druggists. Take Hall's Family Pills for constipation.

Days of Bohemia Ended.

Bohemia has ceased to exist in the Paris Latin quarter, according to Alfred Capus, the playwright, who may be regarded as an authority on the point. In a lecture delivered on behalf of the "Maison d'Etudiants," which is to be the headquarters of the General Association of Paris Students, he remarked: "We must not be afraid to acknowledge that our students are no longer Bohemians."

People Talk About Good Things.

Twelve years ago few people knew of such a preparation as a Foot-Ease for the Feet. To-day after the genuine merits of Allen's Foot-Ease have been told year after year by grateful persons, it is indispensable to millions. It is cleanly, wholesome, healing and antiseptic and gives rest and comfort to tired aching feet.

It cures while you walk. Over 30,000 testimonials. Imitations pay the dealer a larger profit otherwise you would never be offered a substitute for Allen's Foot-Ease, the original foot powder. Ask for Allen's Foot-Ease, and see that you get it.

Peace for Once.

"I tell you, Judson is a slick chap," laughed Silas Rytrop. "He took his wife to Washington and kept her in the congressional library four hours."

"What did he do that for?" asked Hiram Hardapple.

"Why, begosh, they fine you if you talk in that building, and for four hours she didn't speak a word."

TEA

You think one tea as good as another? Why don't you buy at the lowest price you see in the window?

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

When you meet with men of worth think how you may attain their level; when you see those of an opposite character, look within and examine yourself.—Confucius.

There isn't much philosophy in a man if it doesn't get busy when he has occasion to visit a graveyard.



After suffering for seven years, this woman was restored to health by Lydia E. Pinkham's Vegetable Compound. Read her letter. Mrs. Sallie French, of Paucanua, Ind. Ter., writes to Mrs. Pinkham: "I had female troubles for seven years—I was all run-down, and so nervous I could not do anything. The doctors treated me for different troubles but did me no good. While in this condition I wrote to Mrs. Pinkham for advice and took Lydia E. Pinkham's Vegetable Compound, and I am now strong and well."

FACTS FOR SICK WOMEN. For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that tearing-down feeling, flatulency, indigestion, dizziness, or nervous prostration. Why don't you try it?

Don't hesitate to write to Mrs. Pinkham if there is anything about your sickness you do not understand. She will treat your letter in confidence and advise you free. No woman ever regretted writing her, and because of her vast experience she has helped thousands. Address, Lynn, Mass.



Libby's Food Products. Libby's Veal Loaf is made of the best selected meat, scientifically prepared and evenly baked by damp heat in Libby's Great White Kitchen. The natural flavor is all retained. When removed from the tin it's ready to serve.

It can be quickly prepared in a variety of styles and nothing makes a better summer meal.

In the home, at the camp, and for the picnic Libby's Veal Loaf is a satisfying dish, full of food value that brings contentment.

Libby, McNeill & Libby, Chicago.

PARKER'S HAIR BALSAM. Cleanses and loosens the hair, promotes a luxuriant growth, keeps the scalp cool, cures itching humors, restores to its beautiful color, cures dandruff, and keeps falling hair from coming again.

ANAKESIS. ANAKESIS gives instant relief in a SIMPLE CURABLE way. It is made of purest ingredients. Address: ANAKESIS, Telephone 3103, New York.

WANTED YOUNG MEN to learn plumbing, electrical, etc. Work guaranteed. Profits are divided among workers. Book of explaining sent free. \$100 to \$500 paid. UNION SCHOOL, 1718 BROADWAY, New York, N. Y.

WIDOWS under NEW LAW obtain PENSIONS. JOHN W. MORRIS, Washington, D. C.

Thompson's Eye Water. (As prescribed by) W. N. U., Salt Lake City, No. 26, 1908.

SHEEP MAKE MONEY. For the breeder who keeps them in sturdy health so they can put on flesh—for the grower who improves the clip, by dipping with CHLORO-NAPHTHOLEUM DIP. Now Permitted by U. S. Government for the Official Dipping of Sheep for Scab. Practical tests of the hardest kind by our experts in the field and reports from the biggest men in the business show that this oldest and best Chloro-Naptholeum Dip will protect your sheep from scab, lice, ticks, and all other diseases and save them out for Spring feeding in condition that means money for both.