

LIEUTENANT BOWMAN.



IN FORTY-EIGHT HOURS PE-RU-NA CURED HIM.

Cold Affected Head and Throat—Attack was Severe.

Chas. W. Bowman, 1st Lieut. and Adjt. 4th M. S. M. Cav. Vols., writes from Lanham, Md., as follows:

"Though somewhat averse to patent medicines, and still more averse to becoming a professional affidavit man, it seems only a plain duty in the present instance to add my experience to the columns already written concerning the curative powers of Peruna."

"I have been particularly benefited by its use for colds in the head and throat. I have been able to fully cure myself of a most severe attack in forty-eight hours by its use according to directions. I use it as a preventive whenever threatened with an attack."

"Members of my family also use it for like ailments. We are recommending it to our friends."

—Chas. W. Bowman.
Ask Your Druggist for Free Peruna Almanac for 1907.

Kept a Diary Seven Years.

Henry Arthur Jones, the noted English playwright, was giving the students of Yale an address on the drama.

"Your American vernacular is picturesque," he said, "and it should help your playwrights to build strong, racy plays. But neither vernacular nor anything else is of moment if perseverance is lacking."

"No playwright can succeed who is like a man I know."

"I said to this man, one New Year's day:

"Do you keep a diary, Philip?"
"Yes," he answered, "I've kept one for the first two weeks in January for the last seven years."

Alcohol From Sweet Potatoes.

Sweet potatoes are principally used in the Azores to make alcohol, the yield being ten to 11 per cent. The present price is about 13 cents (United States currency) per liter (1.0565 quarts).

THE FIRST TWINGE

Of Rheumatism Calls for Dr. Williams' Pink Pills If You Would Be Easily Cured.

Mr. Frank Little, a well known citizen of Portland, Iowa Co., Mich., was cured of a severe case of rheumatism by Dr. Williams' Pink Pills. In speaking about it recently, he said: "My body was run down and in no condition to withstand disease and about five years ago I began to feel rheumatic pains in my arms and across my back. My arms and legs grew numb and the rheumatism seemed to settle in every joint so that I could hardly move, while my arms were useless at times. I was unable to sleep or rest well and my heart pained me so terribly I could hardly stand it. My stomach became sour and bloated after eating and this grew so bad that I had inflammation of the stomach. I was extremely nervous and could not bear the least noise or excitement. One whole side of my body became paralyzed."

"As I said before, I had been suffering about five years and seemed to be able to get no relief from my doctors, when a friend here in Portland told me how Dr. Williams' Pink Pills had cured him of neuralgia in the face, even after the pain had drawn it to one side. I decided to try the pills and began to see some improvement soon after using them. This encouraged me to keep on until I was entirely cured. I have never had a return of the rheumatism or of the paralysis."

The pills are for sale by all druggists or sent, postpaid, on receipt of price, 50 cents per box, six boxes \$3.50, by the Dr. Williams' Medicine Company, Schenectady, N. Y.

RUINED BY OVER-DECORATION.

Most Artistic Homes Are Not Always the Most Expensive.

In the days when "fashionable" was not quite so plentiful as now, a certain man who had accumulated a large fortune by the work of his hands sent his son to be educated. The boy did not share his father's views concerning the desirability of his education, neither had he ability, and his tutor, having labored long and diligently, came to the parent with the plea that further effort was useless, since his pupil lacked capacity.

"Buy him one, then!" thundered the irate father. "Buy him one! Don't you understand that I have money enough to buy my children anything they need?" Alas! he had not. Money will buy a great many things in this world, but ability is not one of them, and neither is taste.

Thus a room that might have been charming is ruined by an overplus of decoration and furniture. Pictures are so crowded upon the walls that the individuality of each is lost, and you are merely conscious of a mingling of frames and a glare of color. Brackets are crammed from mantelpiece and cabinet till they resemble nothing so much as the showcases in shops. Chairs and tables press against each other until crossing the room is a perilous feat, and the owner of this conglomeration gazes upon it with an air of resignation and wonders why her rooms have not the air of those of the woman across the street who does not spend one-tenth as much in the course of a year upon her house.

A few chairs selected with an eye to comfort and arranged so that their very attitude is an unspoken invitation to come and rest a while are far better taste than innumerable spindle-leg and overcarved affairs which are always avoided by the wary guest. Pictures selected to give pleasure to the people who look at them and not because of the magnificence of their frames, hung with regard to their possibilities, add far more to the beauty of a room than the attempt at an imitation of an art gallery which some persons seem to affect.

Creamed Chicken with Mushrooms.

Cut in small pieces the breast of a boiled chicken. Add to this one can of white button mushrooms, sliced. Put in small saucepan with salt, pepper, a little nutmeg and a pint of cream. Let it cook slowly for about ten minutes, then add a teaspoonful of rice flour to give the sauce creamy consistency. Let it cook a minute longer, and then add it desired, a pony of good old sherry. Turn into a chafin dish and serve hot, either on toast, or with toasted waters on the side.

Chocolate Pie.

A coffee cup and a cup and a half of sugar, one tablespoon of butter, not melted, the yolks of three eggs, one cup of sweet milk, two coffee cups of flour, one teaspoon of cream of tartar, one-half teaspoon of soda.

Mixture for filling—Whites of three eggs beaten stiff, then add one and one-half coffee cups of sugar, three teaspoons of grated chocolate or cocoa, one teaspoon of lemon or vanilla, beat altogether and spread between layers while the cake is hot.

When Cleaning Carpets.

To clean carpets put four teaspoonfuls of ammonia in one bucketful of water; scrub with a medium brush; wipe with a cloth, just as you would in cleaning an unpainted floor. Change the water frequently. Leave the windows open, and the carpet will soon dry. The carpet should be thoroughly swept before it is scrubbed.

Apple Sauce Cake.

One cup sugar, one-half cup shortening, one-half teaspoon cloves, cinnamon, nutmeg, one-half teaspoon salt, one cup sour apple sauce. Dissolve one teaspoon soda in a little hot water and beat in apple sauce. Stir in mixture, add two cups flour, one-half cup raisins. Bake 45 minutes.

Orange Pie.

Beat lightly the yolks of two eggs with one-half cup of sugar. Add one heaping tablespoonful of flour, one even-tablespoonful of corn starch and a little salt dissolved in half a cupful of milk. Pour into a pint of boiling milk and cook about four minutes until thick and creamy. Flavor with orange juice and pour into a baked crust. Beat the whites of the eggs to a stiff froth, add one-half cupful of sugar, flavor with grated peel and juice of orange, spread over the pie and brown delicately in a very slow oven.

You Can Now See Plants Grow.

It is now possible to hear and see plants grow. In the apparatus of two Germans the growing plant is connected with a disk having in its center an indicator which moves visibly and regularly, and this movement, magnified 50 times over a scale, shows the progress in growth.

Vatican Has Largest Bible.

A Hebrew Bible in the Vatican weighs 330 pounds, and is the largest Bible in the world. It is all in manuscript.

A SIMPLE FORMULA

PRESCRIPTION OF AN EMINENT SPECIALIST IS GIVEN.

Necessary Ingredients—Cost Little and Can Be Secured at Any Good Drug Store—Will Break a Cold Quickly.

Mix half ounce of the Pure Virgin Oil of Pine with two ounces of glycerine and half a pint of good whiskey, shake well and use in teaspoonful doses. A noted authority on diseases of the throat and lungs who established a camp for consumptives in the pine woods of Maine, declares that the above formula will heal the lungs and cure any cough that is curable. It will break up a cold in twenty-four hours. The ingredients can be secured from any good prescription druggist at small cost.

Virgin Oil of Pine (Pure) is put up only in half-ounce vials for dispensing, each vial is securely sealed in a round wooden case with engraved wrapper, showing the name—Virgin Oil of Pine (Pure) prepared only by Leach Chemical Co., Cincinnati, O.—plainly printed thereon. There are many rank imitations of Virgin Oil of Pine (Pure), which are put out under various names, such as Concentrated Oil of Pine, Pine Balsam, etc. Never accept these as a substitute for the Pure Virgin Oil of Pine, as they will invariably produce nausea and never effect the desired result.

Virgin Oil of Pine (Pure) is also said to be a perfect neutralizing agent for uric acid.

MEN STILL LIVE IN CAVES.

Troglodyte Villages Are Found in Northern Africa.

Grottoes and caverns are used more or less as shelters by primitive peoples and thus inhabited caves are of course most frequent in Africa. A considerable number of natives make their homes in caves along the southern shore of the Strait of Gibraltar and in some of these caves are found the polished stones and arrow heads of the stone age. Troglodyte villages are frequent in the Tébeka territory of Algeria, one of which, at Djour, 250 feet above the gorge of the Wall, Hallal, is reached by steps cut in the rock.

The inhabitants of the Tunisian island of Gallie are cave dwellers, their habitations being grottoes which they have dug out of the limestone, or ancient burial caverns that they have enlarged. The subterranean villages of Matzaid and of Medando, hewn out of the rock, are in southern Tunisia.

A Christian monastery built underground in the twelfth century still exists at Goba, Abyssinia. The enormous cavern discovered several years ago within two hours' walk of the port of Tanga, in German East Africa, contains about the roofs of which are from 130 to 250 feet above the floor. Only a few of these vast chambers have yet been explored, for the entire cavern seems to be inhabited by millions of bats. One of these killed with a stick measured nearly five feet across its extended wings.

French President's "Double."

M. Fallieres was, until recently, believed to be the only president of the French republic who had no double, but his counterpart has been found. The man who most resembles him physically is a respectable merchant of the Rue Saint Honoré, who plays his part with decorum and dignity. He wears exactly the same kind of blue, buttoned necktie with white dots as the president, the same kind of hat and exactly so oddly cut a beard. And on his promenades he is always accompanied by a friend who could easily be taken for the president's private secretary. Dignified and with measured steps, the enviable double walks through the Faubourg Saint Honoré and feels overjoyed at being saluted on all sides.

COSTLY PRESSURE.

Heart and Nerves Fail on Coffee.

A resident of a great western state puts the case regarding stimulants with a comprehensive brevity that is admirable. He says:

"I am 56 years old and have had considerable experience with stimulants. They are all alike—a mortgage on reserved energy at ruinous interest. As the whip stimulates but does not strengthen the horse, so do stimulants act upon the human system. Feeling this way, I gave up coffee and all other stimulants and began the use of Postum Food coffee some months ago. The beneficial results have been apparent from the first. The rheumatism that I used to suffer from has left me. I sleep sounder, my nerves are steadier and my brain clearer. And I bear testimony also to the food value of Postum—something that is lacking in coffee." Name given by Postum Co., Battle Creek, Mich. There's a reason. Read "The Road to Wellville," the quaint little book in pages.

Transformation in New Mexico.

Three seasons of rainfall have transformed New Mexico into a country of unproductive crops, running streams and happy, prosperous people. In the report which Dr. W. T. H. Clifton, N. M., brought to Washington—Washington Post.

Newspapers for the Blind.

The announcement that the London Daily Mail is about to issue a weekly edition for the blind is a contribution to the other British journals published in Braille type, which have had a long and useful career, though they have seldom been seen by the general public. The first weekly newspaper for the blind was published on June 1, 1825, and called the Weekly Summary. It has always been issued below cost price, and its promoters desire no benefit from its publication. Another was started only last year, called the Braille Weekly, and issued from Edinburgh.

SCALY ERUPTION ON BODY.

Doctors and Remedies Fruitless—Suffered 10 Years—Completely Cured by Cuticura.

"When I was about nine years old small sores appeared on each of my lower limbs and I scratched them with a brass pin and shortly afterwards both of those limbs became so sore that I could scarcely walk. When I had been suffering for about a month the sores began to heal, but small, itchy eruptions appeared which had been. From that time forward I was troubled by such eruptions that, until I became a doctor, I would scratch the sores until the blood began to flow. This would stop the itching for a few days, but scaly patches would appear again and the itching would accompany them. After I suffered about ten years I made a renewed effort to effect a cure. This eruption by this time had appeared on every part of my body, except my face and hands. The best doctors in my native county advised me to use arsenic in small doses and a salve. I then used to bathe the sores in a mixture which was almost intolerable pain. In addition I used other remedies, such as iodine, sulphur, zinc oxide, and Salve. Ointment, and in fact I was continually giving some remedy a fair trial, never making less than one or two boxes or bottles. This was fruitless. Finally my hair began to fall out and I was rapidly becoming bald. I used but it did no good. A few months after, having used almost everything else, I thought I would try Cuticura Ointment, having previously used Cuticura Soap and being pleased with it. After using three boxes, I was completely cured, and my hair was restored; after fourteen years of suffering and an expenditure of at least \$50 or \$60 in vainly endeavoring to find a cure. I shall be glad to write to any one who may be interested in my cure. B. Hiram Mattingly, Vermillion, S. Dak., Aug. 18, 1906."

Sound Law in New Book.

A. C. Fox-Davies, a London lawyer, who has written 54 volumes, mainly on the peerage and law, has broken into the field of fiction with a detective story in which he warrants that the law is all right. He wrote the book just because he found the law all wrong in one of the best of the Sherlock Holmes stories.

Always to Be Depended Upon.

When a person gets up in the morning with a dull headache and a tired, stretchy feeling, it is an almost certain indication that the liver, or bowels, or both, are decidedly out of order.

At such times Nature, the wisest and best of doctors, takes this means to give warning that she needs the help and gentle assistance which can best be obtained from that old family remedy, Brandreth's Pills, which has been in use for over a century. They are the same fine laxative tonic pill your grandparents used when doctors were few and far between, and when people had to have a remedy that could absolutely be depended upon.

Brandreth's Pills can be depended upon, and are sold in every drug and medicine store, plain or sugar-coated.

Roman Relics Found in Wales.

Workmen engaged in diverting a roadway at Welwyn, Herts, Wales, unearthed seven Roman urns in a good state of preservation, a Roman spur, two drinking bowls six inches high, one smaller cup, a bowl, some bronze plate, an iron standard and a small ura six inches high.

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. Altman* In Use For Over 50 Years. The Kind You Have Always Bought.

Unhappy lies the head that wears a crown.

UTTERLY WORN OUT.

Vitality Sapped by Years of Suffering with Kidney Trouble.

Capt. J. W. Hogan, former postmaster of Indianapolis, now living at Austin, Tex., writes: "I was afflicted for years with pains across the loins and in the hips and shoulders. I had headache also and neuralgia. My right eye, from pain, was of little use to me for years."



The constant flow of urine kept my system depleted, causing nervous chills and night sweats. After trying several different climates and using all kinds of medicine I had the good fortune to hear of Doan's Kidney Pills. This remedy has cured me, I am as well to-day as I was twenty years ago, and my eyesight is perfect."

Sold by all dealers. 50 cents a box. Foster-McBee Co., Buffalo, N. Y.

Autocratic Revivalists.

The earl and countess of Tankerville have been holding crowded religious meetings in Shropshire, England. Both are much interested in this kind of work. The countess was Miss Lenora Van Marter, an American girl, and the earl spent much of his youth in this country. He is an energetic member of the house of lords and, like his wife, a great lover of art.

"We Have Many Similar."

The following is an extract from a letter received from Mr. H. H. Meyer, of Stuttgart, Ark.: "You would surely think me if you would introduce Hunt's Lightning Oil at Millidgeville, Mo., as I have many friends and relatives there, in whom I am much interested, and I understand the Oil is not kept there. I can recommend it as the best medicine I ever had in my house. It cured me of a bad case of the Bloody Flux in less than one-half hour, and it cured my grandchild of a bad case of Cholera Morbus in a very short time."

Convention Long Looked for.

A Paris paper devoted to scientific matters announces the discovery of a practical method of shielding watches and clocks from all magnetic influences. It is said to be the work of a watchmaker named Leroy.

TURN

of life, in girls (at about 13), or women (at about 45), requires the help of a pure, strengthening, tonic medicine, to carry them over the critical period and ensure their continued strength and health.

WINE OF CARDUI WOMAN'S RELIEF

for over 30 years, has been a most successful medicine for relieving pain, strengthening the womanly organs and regulating the functions. Purely vegetable, non-intoxicating, harmless and reliable. Try it.

At all Druggists

WRITE for Free Advice, stating age and describing your symptoms, to Ladies Advisory Dept., Chattanooga Medicine Co., Chattanooga, Tenn.

SICK HEADACHE

Positively cured by these Little Pills. They also relieve Distress from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Dizziness, Nausea, Drowsiness, 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 *Wm. S. Carter* REFUSE SUBSTITUTES.

EAT AT COLBY'S

PROPSY NEW DISCOVERY gives quick relief and cures worst cases. Dose: 10 drops in water and 10 drops in water. DR. H. H. GIBBEN'S SOLE, 102 N. ATLANTA, GA. CALIFORNIA Irrigated Farms. Big new one 1/2 acre parcel. Only one sold. Write to California, 1000 Park St., San Francisco.