

### This Cold World of Business.

The messenger boys paused outside the Army building, says the New York Sun. One of them was selecting a cigarette from a box.

"Gimme one," said the smokeless boy.

"Now," said the other, "they cost money."

"I'll owe you a cent," said the first boy. "Come on, I'll pay you after."

"They cost more than a cent," said the boy with the cigarettes. "Nothin' doin'. Your credit ain't no good."

And they parted.

### Satan Terrified.

There is as great genius displayed in advertising as in the higher branches of literature. No problem daunts the modern advertising man. In the window of a little bookstore in Eighth avenue, New York, was recently heaped a great pile of Bibles, marked very low—never before were Bibles offered at such a bargain; and above them all, in big letters, was the inscription: "Satan trembles when he sees Bibles sold as low as these."—Woman's Home Companion.

### PURE FOOD.

#### No Food Commissioner of Any State Has Ever Attacked the Absolute Purity of Grape-Nuts.

Every analysis undertaken shows this food to be made strictly of Wheat and Barley, treated by our processes to partially transform the starch parts into a form of Sugar, and therefore much easier to digest.

Our claim that it is a "Food for Brain and Nerve Centres" is based upon the fact that certain parts of Wheat and Barley (which we use) contain Nature's brain and nerve-building ingredients, viz.: Phosphate of Potash, and the way we prepare the food makes it easy to digest and assimilate.

Dr. Geo. W. Carey in his book on "The Biochemical System of Medicine" says:

"When the medical profession fully understands the nature and range of the phosphate of potassium, insane asylums will no longer be needed."

"The gray matter of the brain is controlled entirely by the inorganic cell-salt, potassium phosphate."

"This salt unites with albumen, and by the addition of oxygen creates nerve-fluid, or the gray matter of the brain."

"Of course, there is a trace of other salts and other organic matter in nerve-fluid, but potassium phosphate is the chief factor, and has the power within itself to attract, by its own law of affinity, all things needed to manufacture the elixir of life. Therefore, when nervous symptoms arise, due to the fact that the nerve-fluid has been exhausted from any cause, the phosphate of potassium is the only true remedy, because nothing else can possibly supply the deficiency."

"The ill arising from too rapidly consuming the gray matter of the brain cannot be overestimated. Phosphate of Potash, is to my mind, the most wonderful curative agent ever discovered by man, and the blessings it has already conferred on the race are many. But what shall the harvest be when physicians everywhere fully understand the part this wonderful salt plays in the processes of life? It will do as much as can be done through physiology to make a heaven on earth."

"Let the overworked business man take it and go home good-tempered. Let the weary wife, nerves unstrung from attending to sick children or entertaining company, take it and note how quickly the equilibrium will be restored and calm and reason assert her throne. No 'proving' are required here. We find this potassium salt largely predominates in nerve-fluid, and that a deficiency produces well-defined symptoms. The beginning and end of the matter is to supply the lacking principle, and in molecular form, exactly as nature furnishes it in vegetables, fruits and grain. To supply deficiencies—this is the only law of cure."

Please observe that Phosphate of Potash is not properly of the drug-shop variety but is best prepared by "Old Mother Nature" and stored in the grains ready for use by mankind. Those who have been helped to better health by the use of Grape-Nuts are legion.

"There's a Reason."

### BRAIN POWER

Increased by Proper Feeding.

A lady writer who not only has done good literary work, but reared a family, found in Grape-Nuts the ideal food for brain work and to develop healthy children. She writes:

"I am an enthusiastic proclaimer of Grape-Nuts as a regular diet. I formerly had no appetite in the morning and for 8 years while nursing my four children, had insufficient nourishment for them."

"Unable to eat breakfast I felt faint later, and would go to the pantry and eat cold chops, sausage, cookies, doughnuts or anything I happened to find. Being a writer, at times my head felt heavy and my brain asleep."

"When I read of Grape-Nuts I began eating it every morning, also gave it to the children, including my 10 months old baby, who soon grew as fat as a little pig, good natured and contented."

"I wrote evenings and feeling the need of sustained brain power, began eating a small saucer of Grape-Nuts with milk, instead of my usual indigestible hot pudding, pie, or cake for dessert at night."

"I grew plump, nerves strong, and when I wrote my brain was active and clear; indeed, the dull head pain never returned."

POSTUM CEREAL CO., Ltd.

Battle Creek, Mich.

### THAT ONE HANDY.

Edgar L. Vincent Suggests That Improvements Can Be Made.

"My! That's hard work! Why do folks have such awfully hard barns to get around in?"

"Well, sir, that was a fair question, and I wish I might have answered my boy; but I couldn't, just because I don't know myself why it is that so many barns about the country are terribly hard to work in."

Take the one we were in at that moment for example. There was no ladder in the whole building. When you wanted to go up overhead you just had to shin up a post or swing yourself from one beam and get to another. It takes a better athlete than I am to do that right along and stand it. Think of the waste of strength! And then, there was no way to get down from the big barn floor to the basement. You had to travel away round out of doors, no matter what the weather might be. All because there were no stairs.

Now, when we built our barn we made plans for plenty of good stairs. One pair leads from the first floor down to the basement. We are never compelled to go out of doors to get from one floor to the other. Another pair of stairs leads up to the hay loft. No steep, hard stairs are they either, but good easy ones, that anybody can get up comfortably.

And then, the barn my boy and I were in that day had the worst scaffolds you most ever saw. They were made of the slabs of logs, laid with the rounding side up. You can imagine how slippery such a scaffold would get to be in the course of time. It was almost as much as one's life was worth to try to skate around on those treacherous slabs. My life was not insured, so I did not try it.

If any part of a barn ought to be secured against accidents it should be the scaffolds. They are high. A fall from them might mean death, or at least lifelong injury and suffering. The boards ought to be carefully laid down and strong enough so that there would be no danger of breaking.

Another point often overlooked in the construction of barns is convenience in foddering. I have been in barns where every spear of hay had to be dragged two or three rods over the floor before it could be put through the shute to the cattle. And one barn I know of is so made that the farmer must haul the hay as much as 75 feet to get it to the stock! A terrible waste of time and strength. What wonder that farmers wear themselves out long before their time.

By a little foresight the shutes may be put in so that one may stand on the mow and send the hay right down to the feeding floor. The sides of the shute may be so built that they may be taken off as the mow goes down to avoid lifting the hay high in the air.

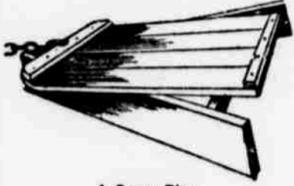
Barns ought to be handy to the house, too. Sometimes we see them located a quarter of a mile away. What an amount of travel one must go through in the course of a lifetime on farms like that!

The first thing to be done, as I look at it, continues Mr. Vincent in Farmers' Voice, is to sit down and make a good plain diagram of the barn. Anyone can do that if he ever has had a bit of experience in doing work at a barn. A little time at this point will save years of hard and altogether unnecessary labor.

### HOME-MADE SNOW PLOW.

You May Have Use for It Yet This Winter.

To the bottom and front end of a logging drag or stone boat bolt two pieces of 2x8 or wider, and of the de-



A Snow Plow.

ired length. They meet at a sharp angle at the front and diverge sufficiently to move the snow well away. This, explains Prairie Farmer, may be loaded for one or two horses, according to the depth of the snow.

### NOTES.

The feed problem is getting harder.

The finer the soil is pulverized the better it will retain moisture, which is one of the necessary elements in the garden.

The soil should be a mellow loam and in the best possible tilth, well fitted with humus obtained by annually plowing under well rotten manure. For some of the garden crops this may be supplemented by the addition of some of the commercial fertilizers. Peruvian guano is one of the cheapest and most satisfactory concentrated fertilizers to use in the garden.

### Testing the Cows.

It takes just a few days to find out how much a cow is worth. In a recent Kansas test, covering the cows of 82 creamery patrons, the best cows made \$42.09 per cow, while the poorest ones made only \$7.54 per cow—a difference of \$34.55 per cow.

### Must Like the Business.

A correspondent asks what are the essentials for making a dairy pay. First the man must understand and like cows, and then he must have only good cows.

### THE TIME TEST.

That is What Proves True Merit.



Doan's Kidney Pills bring the quick relief from backache and kidney troubles. Is that relief lasting? Let Mrs. James M. Long, of 113 Augusta St., Stanton, Va., tell you. On January 31st, 1903, Mrs. Long wrote: "Doan's Kidney Pills have cured me" (of pain in the back, urinary troubles, bearing down sensations, etc.) On June 20th, 1907, four and one-half years later, she said: "I haven't had kidney trouble since. I repeat my testimony."

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

### ANOTHER NARROW-MINDED MAN.



De Quiz—What do you call good winter weather?

De Whiz—Weather cold enough to make a man's wife think her own fire-side a better place than a matinee.

### SHE COULD NOT WALK

For Months—Earning Humor on Ankles—Opiates Alone Brought Sleep—Eczema Yielded to Cuticura.

"I had eczema for over two years. I had two physicians, but they only gave me relief for a short time and I cannot enumerate the ointments and lotions I used to no purpose. My ankles were one mass of sores. The itching and burning were so intense that I could not sleep. I could not walk for nearly four months. One day my husband said I had better try the Cuticura Remedies. After using them three times I had the best night's rest in months unless I took an opiate. I used one set of Cuticura Soap, Ointment, and Pills, and my ankles healed in a short time. It is now a year since I used Cuticura, and there has been no return of the eczema. Mrs. David Brown, Locke, Ark., May 18 and July 13, 1907."

### He "Followed Copy."

Mrs. Marble, after the death of her husband, went to Mr. Stone (a dealer in headstones) and consulted him in reference to an inscription. She said: "Put on it: 'To my dearest husband,' and if there be any room left, 'we shall meet in heaven.'"

Entering the cemetery and going to her husband's grave, she noticed the headstone, and quickly rushed to see how he had engraved it. The poor old widow's heart beat with pain when she read the following on the headstone: "To my dearest husband, and if there be any room left, we shall meet in heaven."—Port Chester Record.

Laundry work at home would be much more satisfactory if the right Starch were used. In order to get the desired stiffness, it is usually necessary to use so much starch that the beauty and fitness of the fabric is hidden behind a paste of varying thickness, which not only destroys the appearance, but also affects the wearing quality of the goods. This trouble can be entirely overcome by using Defiance Starch, as it can be applied much more thinly because of its greater strength than other makes.

### The Ruling Passion.

The young man asked the banker for his fair and only child. The banker nodded gravely. And then he grimly smiled. Amazed, the young man heard him reply in business phrase: "I'll have to file your notice—Come back in sixty days."

### Chocolate Pie! Chocolate Pie!

The more you eat the more you want if they are made from "OUR-PIE" Preparation. Try it and tell your friends how easy it is to make delicious chocolate pies. Three varieties—Lemon, Chocolate, and Custard—at grocers, 10 cents a package.

True life should be a perpetual climbing upward. We should put our faults under our feet, and make them steps on which to lift ourselves daily a little higher.—J. R. Miller.

When Your Throat Feels Sore get a 25c box of Brown's Bronchial Troches. They give immediate relief. Contain nothing injurious.

Is it not sheer madness to let a poor to die rich?—Juvenal.

### CARE OF THE KITCHEN.

Clean Walls Are an Essential to Sanitary Cooking.

It is not only important to know how to cook, but it is equally important to know where to cook. Cooking in a dirty kitchen can never produce good food. The idea is simply preposterous, yet kitchen walls are left for months—sometimes for years without cleansing.

In the first place the kitchen wall should have a light tint that the merest fleck of dirt can be seen; that the sheerest cobweb can be brushed away; that the tiniest water bug can be discerned. It is all fully expecting clean food in a kitchen with dirty walls.

Never put a wall coating on a kitchen wall that is mixed with hot water or that has glue in it, or sour milk in it if mixed with cold water. Glue walls made from horses' hoofs colored up with cheap colorings do not indicate good housekeeping. The glue is constantly flaking off, falling into the food and the idea of food flavored with glue made from horses' hoofs is not appetizing.

Kitchen walls to be thoroughly satisfactory should be alabastined the same as every other wall in the house. They should be coated regularly in the spring and fall of each year with a light tint.

The care of the pantry requires constant attention. The walls should be brushed over every year, the dishes removed from the shelves which should be thoroughly wiped with hot water. If there are ant holes or any other insects in the pantries a thick putty of the wall coating can be made and all the ant holes, even small mice holes can be filled with it which will protect the pantry from the incursions of disagreeable insects and mice.

### The Bird Told Her.

Henry eyed the canary solemnly. Then, threateningly, he pointed his finger and said emphatically:

"Chirpy, I think a heap of you, but some things you just got to stop or—well, it won't be good for you. There's not a single thing I've done lately but what ma's found out. And it's always the same—she says a little bird told her when I want to know how she's heard about it."

"Now, Chirpy, you're the only little bird around here now. I'm just goin' to go straight through the pantry from top to bottom, and if ma hears about this from any little bird, Chirpy—why you're goin' to dekerate the inside of the cat, that's all."

### 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 *W. L. Douglas* In Use For Over 30 Years. The Kind You Have Always Bought.

### The Prevailing Excuse.

"Judge," said the prisoner, who had been caught with a chicken in a sack, "you ought to go easy with me."

"Why? You stole the hen."

"I admits it, judge; I admits it," responded the prisoner. "But it's solemn truf dat hen jest seemed to be my affinity; yes, sah!"

### Easy Money

for men and women who will give whole or spare time selling our Family Health Tablets, Liniment and Salve. No experience necessary. Big profits. Exclusive territory. Vosena Company, 1171 15th St., Washington, D. C.

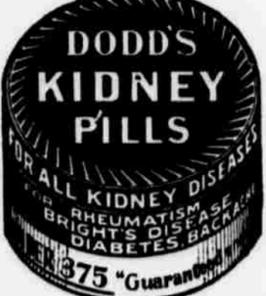
Methodist Episcopal Property. The Methodist Episcopal church property in this country is now worth about \$187,000,000, on which there is an indebtedness of \$12,127,248.

FILES CURED IN 6 TO 14 DAYS. FAZO OINTMENT is guaranteed to cure any case of itching, blind, bleeding or protruding Files in 10 to 14 days or money refunded. 50c.

Taking care of money is almost as hard work as earning it.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, always pain, cures wind colic. 25c a bottle.

As a man dresses so he is esteemed.—Danish.



FOR ALL KIDNEY DISEASES. RHEUMATISM. BRIGHT'S DISEASE. DIABETES. 75c GUARANTEE.

### IN BUG HOLLOW.



Dr. Moth—What's the matter? Artie Ant—I think I must have eaten too many marshmallows over at the swamp party.

### Gloomy Outlook.

Long Winded Orator (lowering his voice to an impressive whisper)—"Have you ever, O, my friends, allowed yourselves to wonder where you will be and what you will be doing when another century shall have rolled around?"

Wearied Auditor (in an equally impressive whisper)—"Yes—we'll still be here waiting for you to finish your speech!"

The very wisest advice; take Garfield Tea whenever a laxative is indicated! Pleasant to the taste, simple, pure, mild, potent and health-giving. Made of Herbs—not drugs.

It may be a blessed fortune for Socrates that Xantippe didn't keep a diary to be published 2,000 years after her death.

ONLY ONE "BROMO QUININE" That is LAXATIVE BROMO QUININE. Look for the signature of E. W. GROVE. Used the World over to Cure a Cold in One Day. 25c.

A man's ideal woman is one kind of a pipe dream.

## STIFF, YES?

WET AND DAMP CAUSE COLD IN THE JOINTS

# ST. JACOBS OIL

TAKES OUT THE PAIN AT ONCE. REMOVES THE STIFFNESS. PREVENTS ITS RETURN. TOO FINE FOR BRUISES, SPRAINS AND SORENESS.

Price 25c and 50c.

## Don't Buy Fake Stocks

Buy Land. The Safest and Most Profitable of All Investments.

The Famous Simmons Ranch in the Most Fertile Part of South Texas is Now on the Market.

Truck Farms from 10 to 640 Acres and of Amazing Fertility for Sale at \$210 Each, Payable \$10 a Month Without Interest.

### Read What Others Say of It:

Dr. C. F. Simmons, San Antonio, Tex. Eckert, Texas, April 16, 1907.

Dear Sir:—I have just returned from a tour of three days' inspection of your Atascosa County Texas Ranch and I will gladly say that I find it equally as good as you claim, and I believe, is even better, at least 95 per cent. of the land would be fine farming land.

Well, as to the size of the body of the land, it is as fine as I ever saw. When this section gets a railroad, which it soon will have, and must have, as the country demands it, that section will be equal in value with any section in the state, because you can grow whatever you wish to plant, and it can be kept growing, with the abundance of water which is obtainable either in shallow or artesian wells.

I find sufficient timber for posts, and wood, the balance of the land is mostly prairie, with some small brush and pear.

Yours truly, C. M. LINDHOLM.

Write at once for book of views of the ranch, complete literature and name of nearest agent.

### DR. C. F. SIMMONS,

215 Alamo Plaza, SAN ANTONIO, TEXAS.

# W. L. DOUGLAS SHOES

\$3.00 SHOES AT ALL PRICES FOR EVERY MEMBER OF THE FAMILY. MEN, BOYS, WOMEN, MICE AND CHILDREN.

W. L. Douglas makes and sells more men's \$3.00, \$3.50 and \$5.00 shoes than any other manufacturer in the world. Because they are better, longer, and more of greater value than any other shoes in the world (see ad).

W. L. Douglas \$4 and \$5 Gilt Edge Shoes Cannot Be Equalled At Any Price.

W. L. DOUGLAS, Brockton, Mass.

# COLT DISTEMPER

Can be handled very easily. The sick are cured, and all others in same state, no matter how "spiced," kept from having the disease, by using COLT'S LIGHT DISTEMPER. Cures the tongue of the food. Acts on the blood and expels germs of all forms of distemper. Best remedy ever known for curing in food. The bottle guaranteed to cure one case. See ad. 15c a bottle. 50c a dozen. Sold by druggists and hardware dealers, or sent express paid by manufacturers. Colt shoes how to position them. Our free booklet gives everything. Local agents wanted. Largest selling home remedy in existence—twelve years.

SPORN MEDICAL CO., Chicago and Bartlesville, Mo., U. S. A.

# Your Good Looks

Woman's good looks depend, of course, very largely upon her health. If you are weak, sick, miserable, and suffer from pain or other symptoms of womanly ailments, your face and appearance will quickly show it, and nothing will bring back your good looks, until you cure your female troubles.

# Wine of Cardui

is the medicine for you to try, when sick. Mrs. Sarah Avery, of Moark, Ark., writes: "I suffered with womanly troubles for two years, and nothing helped me until I took Cardui. Now I am well." Try it. Sold everywhere, in \$1.00 bottles.

WRITE FOR FREE BOOK

Write for Free 64-page Book for Women, giving symptoms, causes, home treatment and valuable hints on diet, exercises, etc. Sent free on request in plain wrapper, by mail prepaid. Ladies' Advisory Dept., The Chattanooga Medicine Co., Chattanooga, Tenn.