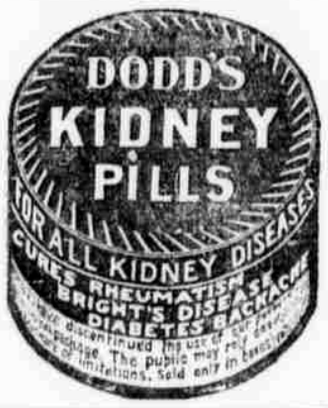

A Positive
CURE FOR
CATARRH
Ely's Cream Balm
is quickly absorbed.
Gives Relief at Once.

RUMORED OF ROYALTY

[illegible]

"COFFEE JAGS."

The Doctor Named Them Correctly.

Some one said "Coffee never hurts anyone." Inquire of your friends and note their experiences.

A Phila. woman says:

"During the last 2 or 3 years I became subject to what the doctor called 'coffee jags' and felt like I have heard men say they feel who have drank too much rum. It nauseated me, and I felt as though there was nothing but coffee flowing through my veins.

"Coffee agreed well enough for a time, but for a number of years I have known that it was doing me great harm, but, like the rum toper, I thought I could not get along without it. It made me nervous, disordered my digestion, destroyed my sleep and brought on frequent and very distressing headaches.

"When I got what the doctor called a 'coffee jag' on, I would give up drinking it for a few days till my stomach regained a little strength, but I was always fretful and worried and nervous till I was able to resume the use of the drug.

"About a year ago I was persuaded to try Postum, but as I got it in restaurants it was nothing but a sloppy mess, sometimes cold, and always weak, and of course I didn't like it. Finally I prepared some myself, at home, following the directions carefully, and found it delicious. I persevered in its use, quitting the old coffee entirely, and feeling better and better each day, till I found at last, to my great joy, that my ailments had all disappeared and my longing for coffee had come to an end.

"I have heretofore suffered intensely from utter exhaustion, besides the other ailments and troubles, but this summer, using Postum, I have felt fine." Name given by Postum Co., Battle Creek, Mich.

There's a reason.

Restaurant cooks rarely prepare Postum Coffee properly. They do not let it boil long enough.

TO IMPROVE THE ARM.

Elbow May Be Rounded by Rubbing In a Fattening Cream and Working Round and Round.

First to round out the arm. This is not a difficult matter, and the amateur masseuse need have no misgivings in working on her own arm, for she cannot create wrinkles by giving wrong movements, as she can when she attempts to work on her face without a knowledge of the art.

If you must do your own manipulating, begin with the fingers, grasping each one with the fingers of the other hand and working from the tip upward, as if you were working on a glove. Have the palm of the hand that is doing the exercise thickly covered with a fattening cream, such as this one: Lanoline, 30 grams; tannin, one-half gram; oil of sweet almonds, 2[illegible] grams. Melt the lanoline and oil,

SCHOOL ANGLES

[illegible] thoroughly mingles. A[illegible] be [illegible] in the palm.

After each finger has been worked on the palm and back of the hand [illegible] again, using the same [illegible] movements with which one puts on a glove. Now for the forearm: Grasp it as you would with the fingers of the other hand, and with a twisting, wringing motion work slowly and firmly upward to the elbow. Another method for the forearm is done by laying the hand palm downward and moving the flesh of the forearm gently from side to side; a quick series of little slapping movements will bring the blood to the surface, and it will be remembered that in massaging the arm all the movements toward with pressure and the downward motion is merely a soothing stroke.

The elbow is rounded out by rubbing in as much of the fattening cream as the skin will absorb and then working the palm of the hand round and round the sharp point as if one were literally modeling an elbow out of soft clay.

The upper part of the arm is made plump by the same movements as are used in [illegible] the forearm, only the movements are executed with even greater vigor.

AN ECONOMY CONTEST.

This Is in the Nature of a Protest Against Over-Elaborate Luncheons and Dressing.

An economy contest between four housekeepers is full of interest. It all came about in talking over the extravagance and work entailed with entertaining, and how the reciprocity of hospitality seemed to have been overloaded to the point rich and exclusive of such hostess to have a little to do, or things a little different in comparison with Mrs. "So-and-So."

Then it was agreed that each one would give a luncheon, the cost for the four not to exceed one dollar; that they would wear wash gowns not to exceed two dollars in cost—that is, for the material—and they would bring their sewing, while one of the four would read aloud for an hour; each one was to relate some current news item or relate some interesting event. Gossip in the strict sense of the word was to be tabooed. Meetings were to be held once in two weeks. This is certainly a step in the right direction. Let us hope there will be more Economy Clubs.

MADAME MERRI

Chest and Chin Up.

A beauty doctor gives it as her opinion that the time-honored maxim to "hold your shoulders back" is a mistake. "Forget your shoulders," is her advice. "Keep your chest and chin up and your shoulders will take care of themselves." Another authority says that it never did her the least good to be told to hold herself upright until some one suggested to her to imagine that her chest was suspended from a cord. That mental picture of her chest held up, supported in air by artificial means, did more for her than all the admonitions and will power in the world.

Five-Minute Nap.

Every housewife should cultivate the habit of five-minute naps. After working hard a few hours a woman is apt to feel sleepy or "dragged out," and imagines that it is only that ordinary sin of the flesh—laziness. But if she gives in to the feeling and rests for a short time on a comfortable lounge she will feel wonderfully freshened and will do better and quicker work than if she had foregone her cat nap.

Throw Away the Fine Comb.

The use of a fine comb should be severely frowned upon. It irritates the scalp and causes dandruff to form

DO NOT BE SO TENSE.

Let the Lips Lightly Touch, Not Be Compressed, and Practice Taking Perfect Rests.

Resting the mouth is very important. Your lips should lightly touch each other, but should not be compressed. Your teeth should not be ground together, as is the habit of most people. You should not pull the upper lip down or do anything that distorts the mouth. Take a looking glass and examine your mouth. Be sure that you know how to rest your lips.

Then learn how to rest your head. This, too, requires some knack. In walking the head should rest well back upon the neck. It should never be thrust forward. In sitting it should take the easiest position possible, and if convenient, it should rest against a cushion or the back of a chair. There ought to be more high backed chairs in the world. The head ought to be rested more than it is.

Resting the back is very important. Most women have a backache simply because they cannot rest the back. Men usually sit in comfortable chairs. Desk and office furniture, though it looks stiff and heavy, is really very comfortable. A good desk seat is the most comfortable thing in the world. Often the chair revolves, giving one a chance to rest every muscle. One can turn this way or that, recline so as to [illegible] from the light and turn it such a manner that the rays strike [illegible] side. But with women's furniture it is different. Nothing is really comfortable.

The women's sewing chair should be low enough for her to touch her feet to the ground. If she should be in a room where it is just bright enough for women, have the room light enough during the day. They sit and [illegible] in the dark. Few women have a cozy, bright, comfortable sewing desk, and few, indeed, have the [illegible] kind of a sewing room.

In a handsome home on Long Island there is a linen closet that is a linen closet—such to be. It is 12 feet square, has two windows, and is papered in a comfortable buff. Its halls are high-backed sewing chairs, and there are four stands. The room is scented with lavender and there are [illegible] shelves and plenty of them for the linen. Such a room, if converted into a sewing room, would be ideal.

Learn to rest your body all over. Then practice resting for five or ten minutes three or four times a day. Pretty soon the habit will become strong on you and you will rest all the time.

Taking the perfect rest cure will seem worth while to you when you discover how it rids you of headaches and other ills. Just try it for a few weeks and see how you feel.

DAINTY CASE FOR MUSIC.

Not Infrequently the Musician Wants Something Fancy to Carry Music Roll of an Evening.

It is not always easy to find a really pretty music case which will hold a fair number of pieces, and which yet will not look out of place when carried in the evening, and when seen in the company of a dainty evening cloak. We give a suggestion in the accompanying sketch for a simple but very pretty music case, suitable for taking out in the evening.

This case should be made in silk of some dark color, and lined also with

A DAINTY CASE.

silk, but in a paler shade, a stiff interlinging of canvas being used to make it firmer. Just where the case folds over, on the inner side, there should be a band of strong black elastic about one-half inch wide, but long enough to reach from end to end of the case, and tacked securely on either side. The music can then be folded in half and slipped under the elastic band, just as blotting paper is held in a blotting book.

The case should be edged with silk cord in a harmonious color, and tied with ribbon bows. A handle formed of twisted ribbon and also tied with ribbon bows will give a finishing touch to this pretty case.

Smoothing Veils.

No woman traveler or dweller in a boarding house need put up with rumpled veils, ribbons and other affairs nowadays. Light-weight and convenient smoothing irons are to be had together with little alcohol lamps for heating them. They are easily portable and take up very little room. And they do the necessary pressing as quickly and well as the old-fashioned kind.

Simple Cucumber Cream.

Take the cucumbers and cut in small pieces, then cover with water, using a cupful to each cucumber. Let simmer for half an hour on a slow fire. Strain and add ten drops of benzoin to each pint of clear fluid. Shake well and use as a face wash.

Refreshing.

About half an hour before dinner, beat a raw, fresh egg until light, put in a little sugar and milk, flavor, if you like, and drink it down. It will relieve the faintness and will not "spoil your dinner."

FARMERS ARE PLUNDERED.

Republicans and Trusts Make an Effort to Protect Themselves Necessary.

A farmers' trust to fix prices at which consumers can buy farm products is the latest contribution to the great combines and corporations. The American Society of Equity, an organization with headquarters in Indianapolis, with a membership, it is claimed, of 200,000 farmers, has called upon its members and others interested to refrain from selling their products until the prices offered are up to the level that has been decided as equitable by the officers of that organization. No wheat is to be sold for less than one dollar a bushel, and corn and other farm products in proportion.

This effort of the farmers to protect themselves, so as to offset the high prices of what they have to buy from the tariff-protected trusts, it is to be feared is hardly possible of achievement. Unlike the producers of tariff-protected trust products, the farmers have no monopoly to support their demands. The trusts and combines can raise the price of their product to the point where foreign products can come in and compete with them; but the farmers must sell their wheat and corn at the price the world's markets offer, unless, like the trusts, they can restrict production to the amount that the American people can consume. To restrict the production of wheat or corn would be hardly possible if all the farmers were members of the Society of Equity, and if the officials of that organization are fitted to lead such a movement, they must know how impossible it is to restrict production to the limit that would supply the people of the United States and leave no surplus to sell abroad.

In 1901 the wheat crop here was short and we virtually had no surplus and the price advanced beyond the relative price abroad. The crop of 1905 was a bumper one, and we have a large surplus to dispose of, and our only customers for this surplus are to be found in foreign markets in competition with the other countries that raise a surplus. The price of wheat in our home market has therefore declined to a shipping basis—that is the Liverpool price, less the cost of shipment. This reduction in the price of the wheat sold abroad affects the price of the wheat sold here, because it is impossible to have two prices of wheat, one price for export and another price for home consumption.

The tariff-protected trusts have the great advantage of being able to sell at two prices, a high price at home and a lesser price in foreign countries. The tariff rates of 20 to 172 per cent. on trust productions prevent the foreigners from sending their goods here and underselling the trust prices, but the farmers have no such protection, because they raise so much more than can be consumed here that although there is a tariff duty of 25 cents a bushel on wheat, it is inoperative, for none is imported, and if anyone was foolish enough to import foreign wheat no one here would buy it at 25 cents a bushel premium over the market price. It is so with all farm products except to a limited extent on sugar, rice and one kind of tobacco, known as Connecticut seed wrappers, the quantity of which that is raised is very trifling.

If the Society of Equity would turn the attention of its members to the protective tariff and show them how the trusts are protected in plundering the farmers and everyone else who buys their products and advise them to vote only for those candidates for congress who are pledged to vote to revise the tariff, they would save the farmers considerable in the cost of living. What the farmer needs is the free and untrammeled right to sell in the dearest market and buy in the cheapest.

The fallacy of the boasted prosperity of the farmers under the present protective system is shown by this futile effort of the Society of Equity to be but the prating of the Republican politicians to bolster up the political combination for mutual advantage that exists between themselves and the trusts. The trusts and combines protected by the tariff have raised the price of their products and pay the politicians a percentage for campaign funds to keep up the cry of protecting home industries and the farmers are the principal contributors to this fund that keeps them as the serfs of the trust barons.

There is no royal road to wealth except through monopoly or special privilege and the trusts and financial supporters of the Republican party have monopolized these to the exclusion of the farmers and most other consumers.

—It is declared by the health experts that people ought not to eat when worried. And yet the beef packers have so arranged it that it is hardly possible for a man of average income to sit down to a meal without worrying some.—Washington Star.

—In the event of an accident in 1908, Secretary Taft has a Texas ranch to fall back upon.—St. Louis Globe-Democrat (Rep.).

—The people are after the grafting political barnacles and Republican party bosses with a big stick. In Ohio they have disposed of Gen. Grosvenor, who is perhaps the greatest spoils-monger that the Republican machine system produced. In Pennsylvania the Republican ring was defeated in Philadelphia and Pittsburg, and Democrats elected, and from everywhere comes the good tidings of a revolt against the Republican machine.

PERSONAL PARTICULARS.

Ralph D. Blumenfield, editor of the London Express, is an American, having been born in Milwaukee. He learned his profession in Chicago and New York.

Gov. Guild of Massachusetts has appointed Miss Marie Rose Collins, a daughter of Former Mayor Collins, of Boston, as state prison commissioner. She has given the subject of prison work much attention.

Ex-President Cleveland has sold his farm lying a short distance outside of Princeton. He bought the farm soon after going there to live, and intended to make it an industrial farm for poor boys, but the project proved a failure.

Mrs. Cynthia M. Paden, of Montezuma, Ia., was recently the only successful woman candidate in a class of 35 examined by the state commission of pharmacy. Mrs. Paden is a mother with three little children and her work has not interfered with her household duties.

Con. Henry E. Tremain, the newly-elected president of the Republican club of New York city, has a splendid war record. He enlisted as a volunteer and rose to be a brevet brigadier general in 1865. He was one of the founders of the Grand Army of the Republic in New York state and always has been active in politics.

Patrick J. McHugh, of Holly Springs, Miss., in a way is twice an American citizen. He came to this country over 20 years ago and was naturalized in 1885. Not long ago a building in which he had some papers was burned, his naturalization papers going with the rest. Patrick at once made application for a new set and now is able again to give documentary evidence of his American citizenship.

TIPS FOR THE TABLE.

Bending the head to drink is inelegant.

The arms should not be allowed to rest on the table.

A well-bred host does not urge a guest to eat more.

A gesture of dissent is sufficient to say one does not take wine.

It is impolite to assure him that there is an abundant supply.

A hostess does not apologize. A guest does not see anything amiss.

Lifting a small plate from the table while eating from it is provincial and common.

A COLD BROUGHT IT ON.

Severe Congestion of the Kidneys Soon Cured by Doan's Kidney Pills.

Richard M. Pearce, a prominent business man of 234 So. Orange St., Newark, N. J., says: "Working nights during bad weather brought on a heavy cold, aching of the limbs and pain in the back and kidneys. Severe congestion of the kidneys followed. Besides the terrific aching there were whirling headaches, and I became exceedingly weak. My doctor could not help me, and I turned to Doan's Kidney Pills, with the result that the kidney congestion disappeared, and, with it, all the other symptoms. What is more, the cure has lasted for eight years."

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

THE BEST COUGH CURE

Many a lonesome and expensive trip to Florida, California or the Adirondacks has been saved by the use of

Kemp's Balsam

the best cough cure. If this great remedy will not cure the cough, no medicine will, and then all hope rests in a change of climate—but try Kemp's Balsam first.

Sold by all dealers at 25c. and 50c.

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$3.50 & $3.00 SHOES FOR MEN
W. L. Douglas $4.00 Gilt Edge Line cannot be equalled at any price.

W. L. DOUGLAS MAKES & SELLS MORE MEN'S $3.50 SHOES THAN ANY OTHER MANUFACTURER IN THE WORLD.

$10,000 REWARD to anyone who can disprove this statement.

If I could take you into my three large factories at Brockton, Mass., and show you the infinite care with which every pair of shoes is made, you would realize why W. L. Douglas $3.50 shoes cost more to make, why they hold their shape, fit better, wear longer, and are of greater intrinsic value than any other $3.50 shoe.

W. L. Douglas Strong Made Shoes for Men, $2.50, $2.00. Boys' School & Dress Shoes, $2.50, $2, $1.75, $1.50

CAUTION.—Insist upon having W. L. Douglas shoes. Take no substitute. None genuine without his name and price stamped on bottom. Fast Color Eyelets used; they will not wear brassy. Write for Illustrated Catalog.

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SUPERIOR TO ANYTHING IN USE FOR CHAPPED HANDS AND LIPS AND TO ALLAY ALL IRRITATION OF THE SKIN. A SOVEREIGN REMEDY FOR SUN-BURN

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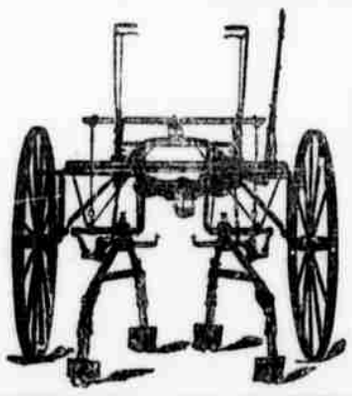

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