

**A PRETTY MILKMAID**

Thinks Peruna is a Wonderful Medicine.



MISS ANNIE HENDREN.

MISS ANNIE HENDREN, Rocklyn, Wash., writes: "I feel better than I have for over four years. I have taken several bottles of Peruna and one bottle of Manalin. I can now do all of my work in the house, milk the cows, take care of the milk, and so forth. I think Peruna is a most wonderful medicine."

"I believe I would be in bed to-day if I had not written to you for advice. I had taken all kinds of medicine, but none did me any good. Peruna has made me a well and happy girl. I can never say too much for Peruna."

Not only women of rank and leisure praise Peruna, but the wholesome, useful women engaged in honest toil would not be without Dr. Hartman's world-renowned remedy.

The Doctor has prescribed it for many thousand women every year and he never fails to receive a multitude of letters like the above, thanking him for his advice, and especially for the wonderful benefits received from Peruna.

**SOME BEDROOM DON'TS.**

Don't lie in the same position all night if you can help it.

Don't cover your head with the bedclothes. Have your covers warm but light.

Don't go to bed hungry. Eat any light simple food that you wish if it agrees with you.

Don't sleep in a room that is too cold. From 55 to 60 degrees is the right temperature.

Don't go to bed with cold feet, but see to it that they are warm and comfortable before you get in bed.

Don't fill your bedroom with bric-a-brac and draperies, but have as little as possible in it to catch the dust.

Don't put your pillows in the sun, as it draws the oil out of the feathers. Sun the bed and bedding, but place the pillows out of the sunlight in a current of air.

**A Balloon Incline Railroad.**

Consul William Barden writes from Bamberg that Engineer Baldrauer, of Salzburg, has invented a balloon railroad, experiments with which are now being made in the mountains in the neighborhood of that German city. It consists of a stationary balloon, which is fastened to a slide running along a single steel rail. The rail is fastened to the side of a steep mountain, which ordinary railroads could not climb, except through deep cuts and tunnels. The balloon is to float about 35 feet over the ground, and a heavy steel cable connects it with the rail. The conductor can, at will, make the balloon slide up and down the side of the mountain. For going up the motive power is furnished by hydrogen gas, while the descent is caused by pressure of water, which is poured into a large tank at the upper end of the road, and which serves as ballast. Suspended from the balloon is a circular car, with room for ten passengers. The cable goes from the bottom of the balloon through the center of the car to a regulator of speed, which is controlled by the conductor. The inventor of this railroad claims that his patent will force all incline cable roads out of existence.

**BACK TO PULPIT.**

What Food Did for a Clergyman.

A minister of Elizabethtown tells how Grape-Nuts food brought him back to his pulpit. "Some 2 years ago I had an attack of what seemed to be La Grippe which left me in a complete state of collapse and I suffered for some time with nervous prostration. My appetite failed, I lost flesh till I was a mere skeleton. Life was a burden to me. I lost interest in everything and almost everybody save my precious wife."

"Then of the recommendation of some friends I began to use Grape-Nuts food. At that time I was a miserable skeleton, without appetite and hardly able to walk across the room; had ugly dreams at night, no disposition to entertain or be entertained and began to sulk society."

"I finally gave up the regular ministry, indeed I could not collect my thoughts on any subject, and became almost a hermit. After I had been using the Grape-Nuts food for a short time I discovered that I was taking on new life and my appetite began to improve; I began to sleep better and my weight increased steadily. I had lost some 50 pounds, but under the new food regime I have regained almost my former weight and have greatly improved in every way."

"I feel that I owe much to Grape-Nuts and can truly recommend the food to all who require a powerful rebuilding agent, delicious to taste and always welcome."

Name given by Postum Co., Battle Creek, Mich. A true natural road to regain health, or hold it, is by use of a dish of Grape-Nuts and cream morning and night. Or have the food made into some of the little delicious dishes given in the little recipe book found in pkg.

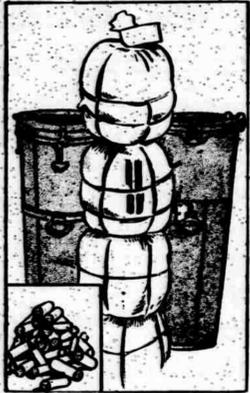
Ten days' trial of Grape-Nuts helps many. "There's a reason." Look in pkg. for a copy of the famous little book, "The Road to Well-being."

**SHELLS OF SMOKELESS POWDER.**

HOW IT IS PUT IN SHELLS FOR NAVAL PRACTICE.

Some Interesting Inside Information. About the Work Carried On at the Great Naval Magazine at Iona Island.

The loading of shells with smokeless powder for use upon the many ships of the United States navy is an industry of large proportions, but one about which the public seldom hears and about which it knows practically nothing. And yet one of the most important of the government plants is the great naval magazine at Iona Island, located about 40 miles from New York city, on the Hudson. The



CHARGE OF SMOKELESS POWDER FOR 12-INCH GUN.

strictest of rules prevails as to visitation, and about all that the outsider ever sees is a distant glimpse of the buildings from the deck of the steamer as he sails by.

There are 125 men employed in the various departments of the plant, which comprises six spacious brick and stone powder magazines, 200 by 50 feet in size, four shell houses, two general storerooms and four powder filling buildings.

The interior of one of the powder filling houses on the island presents a novel and animated sight. The men are required to wear long white serge suits and moccasins, and no metal articles are allowed in the pockets which might cause friction. All the tools, trowels, measure cups, scales and other appliances used are made of copper. Here the delicate and somewhat dangerous business of weighing out the various smokeless powder charges is done. Even one or two grams difference in weight is

carefully observed. At the Indian Head proving grounds the naval ordnance experts by tests determine the powder charge best adapted for the various guns. These firing charges are constantly being changed and re-vised, which keeps the filling house men very active. Daily boxes of smokeless powder are emptied into a long wooden trough. The powder looks like cut sticks of yellow candy with holes punched through them. With a copper scoop the powder is dipped out of the trough, accurately weighed and tied up in quarter, half and full charges, in white bags. These bags have several wide streamers attached, and each is tagged with the date of filling and amount of the powder it contains. A small ignition charge of quick burning black powder is stowed in the bottom of each bag. They are then placed in large copper cans and are ready for transfer aboard ships.

The heaviest charge used in the navy weighs a little over 220 pounds, and is arranged in four quarter charges of 55 pounds each. This is for the 12-inch guns. The bags, when piled one on top of another, reach to the top of a man's head and present a formidable sight of bottled up destruction.

Another important operation performed in the filling house is loading the 12 and 13-inch projectiles with their bursting charge. For the most 50 pounds of black powder is used, and about 35 pounds for the 12-inch. To hold the shells steady and to get at the base of these huge steel missiles, weighing over 1,000 pounds each, they are roped in a sling and hoisted clear of the floor by a pulley and chain. The point is then lowered a foot or so into a stanch wooden frame with an opening a trifle larger than the shell. A long, narrow bag is inserted, and with a funnel the black powder is poured out of the covered measure into the shell. Some 50 of these giants can be loaded in a day. Just how many shells Uncle Sam's crack fighters have stored down out of sight in their holds is not generally known, nor the cost of these death dealing missiles. Each 12-inch shell, when loaded with 220 pounds of powder, comes near to \$500; the 12-inch, with 126 pounds of powder, to over \$300. The capped armor piercing shells are considerably more costly than the common pointed ones. One of our big battleships carries 96 12-inch armor piercing, 144 12-inch common shells, 700 8-inch common shells, 300 8-inch armor piercing, 1,680 6-inch common shells, 720 6-inch armor piercing shells, 3,600 3-inch common shells, 7,200 3-pounder cartridges, 2,400 1-pounder cartridges and 300 3-pounder field gun cartridges, and this supply of about 17,000 shells and cartridges costs nearly \$700,000.

**CANADIAN WILL SEEK POLE.**

CANADIAN TO CONDUCT AN EXPEDITION TO ARCTIC REGIONS.

Capt. Joseph Elzear Bernier, Experienced Navigator of Northern Waters Preparing for Perilous Voyage.

What fascination the elusive north pole has for certain individuals of adventurous and scientific turn of mind. Never before has the world seen so many expeditions under way and being planned as there are to-day. Past failure, attended as it has been by death in so many cases, has seemed only to whet the desire of others to try for the coveted spot. In spite of Andre's ill-fated attempt to reach the pole by balloon, Wellman is making his last preparations for flight toward the unexplored regions to the north. Peary is lost somewhere in the frozen depths of the arctic circle and his friends are anxiously awaiting some word which will assure them that the Intrepid explorer is still alive.

But notwithstanding the tragic history of arctic explorations past and present, there are still others ready to try. The latest expedition organized is that under Capt. Joseph Elzear Bernier, a Canadian, who will take the Canadian government steamer Arctic around the Horn and fit her for a voyage to the north pole via Behring straits.

The captain was born in Quebec in 1852, was educated at the Christian Brothers college in that city, and has led a stirring, adventurous life on the ocean ever since, having commanded over 60 ships and steamers in all parts of the world. He is an authority on the navigation of the coasts of Greenland, Labrador, Hudson Bay and the bleak and barren coasts of Newfoundland. He has never lost a vessel in his long career on the ocean, although he became a shipmaster when only 17 years of age.

Capt. Bernier comes from the famous La Salle family, the early explorers who penetrated into the heart of the northern continent, and to-day is vice president of the Arctic club of New York city, which heartily indorses his proposed plans of reaching the frigid goal.

"Of his plans, Capt. Bernier says: 'I have been a careful student of the western ice movement as reported by competent observers, especially among the whalers, and now that the Melville-Brierley buoys have drifted out, as I predicted they would two years ago,

we must be convinced that there must be a certain passage between Capt. Keegan island, off Point Barrow, and an unknown island in 75 degrees north latitude and 173 degrees west longitude, as reported in 1864.

The Jeannette's crew saw birds going in that direction in the spring of 1880, and clouds over it bearing northeast about 70 miles distant. It is my intention to put the ship in the ice from 164 to 169 degrees west longitude, and as far north as possible, working in with the lead, going on a north-west course, and the ship will get into deep water, and in this way be sure to



THE ROUTE WHICH CAPT. BERNIER EXPECTS TO FOLLOW.

drift in closer proximity to the pole than as yet has been done, reaching between 84 and 85 degrees on the other side of the passage. We will then leave the ship, taking to our automobile boats in the summer season and make for the trip to the pole. Having a specially devised system of wireless telegraphy with box-kite stations, we shall be enabled to keep our advance known between the parties on the ice and the ship at all times. Our drifting may cover a period of from three to four years, but we shall be provisioned and outfitted for six years, so that there will be no anxiety in regard to food."

While drifting toward the pole surveying parties will be sent out on both sides of the ship, extending their operations at least 50 miles on either side, and being in wireless communication with the ship at stated intervals during the day.

The Arctic has been fitted with a large and powerful air compressor driven by a windmill, so as to economize coal, the power thus accumulated and stored being used for the dynamo for lighting as well as heating purposes.

What Troubled Him. A well-known Atlanta minister tells an amusing story of an Atlantan who has a wife with a sharp tongue.

"Jones had come home about two in the morning rather the worse for a few highballs. As soon as he opened the door his wife, who was waiting for him in the accustomed place at the top of the stairs, where she could watch his uncertain ascent, started upbraiding him for his conduct."

"Jones went to bed, and when he was almost asleep could hear her still scolding him unmercifully. He dropped off to sleep and awoke after a couple of hours, only to hear his wife remark: 'I hope all the women don't have to put up with such conduct as this.'"

"Annie," said Jones, "are you talking again or yet?"—Atlanta Georgian.

**FIRE THE BEST FILTER.**

If Water Really Is to Be Purified, There Is Only One Way to Do It.

"All this talk about the need of filters, about people dying for lack of filtered water, amuses me," said a chemist. "For filtered water isn't necessarily pure water. Boiled water is 100 times better."

"A filter, you see, does not free water from things dissolved in it, but only from things floating in it. For instance, if you mix a quart of whisky in a gallon of water and then filter the mixture, it will come out colorless, the floating color particles having been left behind, but this colorless fluid will be quite as capable of intoxicating you now as it was before, for none of its dissolved alcohol will have disappeared."

"So with water that is polluted with sewage. All the undissolved portions of the sewage are removed by filtration, and the water is left clear, tasteless and odorless; but the dissolved sewage is still present, and in it may lurk billions of typhoid germs."

"Let those who complain about the lack of filters just turn in and boil their water. A cent's worth of fire will purify a gallon of water better than a \$10,000,000 filter plant could do it."

The Things We Eat. Too much meat is absolutely hurtful to the body. Sailors on board of ships get scurvy when their supply of vegetable food is exhausted. The digestive organs of the human body demand vegetable food, and if we don't eat enough vegetables we pay for it dearly.

Nature gave us wheat, and in every kernel of wheat nature has distributed iron, starch, phosphorus, lime, sugar, salt and other elements necessary to make bone, blood and muscle.

EGG-O-SEE is wheat scientifically prepared. Cooked, and made into crisp flakes, EGG-O-SEE goes into the stomach ready for the digestive organs to convert it into life-giving substances with but little effort.

EGG-O-SEE eaters are a clean-eyed, strong and happy lot. The proof of a pudding and the proof of EGG-O-SEE is in the eating. EGG-O-SEE besides being solid nourishment is most palatable. Every mouthful is a joy to the taste and direct benefit to your health. A 10-cent package of EGG-O-SEE contains ten liberal breakfasts. Our friends advertise us. They eat EGG-O-SEE for a while. They grow strong. They are well and happy and they pass the good word along.

Next time you send to the grocer's tell your boy or girl to bring home a package of EGG-O-SEE. Have your children eat EGG-O-SEE. It is their friend. They'll eat EGG-O-SEE when nothing else will taste good.

You try EGG-O-SEE and you can deduct the cost from your doctor's bill.

We send our book, "Back to Nature," free. It's a good bookful of plain, good, common sense. If you want a copy, address EGG-O-SEE Company, 10 First St., Quincy, Ill.

When Herbert Spencer was a boy his father sent him away from home to school. The youngster became homesick and with two shillings in his pocket made his way home, over 120 miles, in three days, walking most of the way. He did 48 miles the first day and 47 on the second. On the third day a friendly coach driver took him most of the way for nothing.

The extraordinary popularity of fine white goods this summer makes the choice of Starch a matter of great importance. Defiance Starch, being free from all injurious chemicals, is the only one which is safe to use on fine fabrics. Its great strength as a stiffener makes half the usual quantity of Starch necessary, with the result of perfect finish, equal to that when the goods were new.

Cornelius Vanderbilt, in the name of his father, and Alfred G., in the name of his mother, made application for membership in the Rhode Island Society of the Cincinnati as the representative of the Vanderbilt family. The society decided that Cornelius was the proper representative and he was elected with 15 others.

A Good Opening for Young Men. WANTED: Students to learn dentistry. One thousand to eighteen hundred a year as soon as competent. Cannot supply the demand. For particulars address Dr. Clyde Davis, Lincoln, Nebr.

Benjamin Jeans, who recently retired as guard on the London and Birkenhead express after 54 years of service, probably holds the world's record for travel. It amounts to more than 4,000,000 miles, or the equivalent of 160 times around the equator.

Defiance Starch is the latest invention in that line and an improvement on all other makes; it is more economical, does better work, takes less time. Get it from any grocer.

The new regulation in the British army that "no relaxation of the eye-sight test can ever be allowed" is regarded as marking the disappearance of the eyeglass among the officers.

It is better to decide a difference between enemies than friends, for one of our friends will certainly become an enemy, and one of our enemies a friend.—Blas.

Defiance Starch—Sixteen ounces for ten cents, all other brands contain only 12 ounces for same money.

Be grateful the longer you are blind. The happiness is rare that can stand being sortalized with keen eyes.

Lewis' Single Binder Clear has a rich taste. Your dealer or Lewis' Factory, Peoria, Ill.

The girl with the money to burn usually has plenty of flames on hand.

A Square Deal—Sixteen ounces Defiance Starch for 10c.

The brain of a man is more than twice that of any other animal.

Mrs. Winslow's Soothing Syrup. For children's teething, relieves all kinds of infant ailments, such as colic, wind, flatulency, etc. See bottle.

There's no argument equal to a happy smile.

**THE WINNING STROKE**

If more than ordinary skill in playing brings the honors of the game to the winning player, so exceptional merit in a remedy ensures the commendation of the well informed, and as a reasonable amount of outdoor life and recreation is conducive to the health and strength, so does a perfect laxative tend to one's improvement in cases of constipation, biliousness, headache, etc. It is all important, however, in selecting a laxative, to choose one of known quality and excellence, like the ever pleasant Syrup of Figs, manufactured by the California Fig Syrup Co., a laxative which sweetens and cleanses the system effectually, when a laxative is needed, without any unpleasant after effects, as it acts naturally and gently on the internal organs, simply assisting nature when nature needs assistance, without griping, irritating or debilitating the internal organs in any way, as it contains nothing of an objectionable or injurious nature. As the plants which are combined with the figs in the manufacture of Syrup of Figs are known to physicians to act most beneficially upon the system, the remedy has met with their general approval as a family laxative, a fact well worth considering in making purchases.

It is because of the fact that **SYRUP OF FIGS** is a remedy of known quality and excellence, and approved by physicians that has led to its use by so many millions of well informed people, who would not use any remedy of uncertain quality or inferior reputation. Every family should have a bottle of the genuine on hand at all times, to use when a laxative remedy is required. Please to remember that the genuine Syrup of Figs is for sale in bottles of one size only, by all reputable druggists, and that full name of the company—California Fig Syrup Co., is plainly printed on the front of every package. Regular price, 50c per bottle.

**CALIFORNIA FIG SYRUP CO.**  
 Louisville, Ky. San Francisco, Cal. New York, N.Y.

**This Is What Catches Me!**

10c.—One-Third More Starch.

**DEFIANCE STARCH**  
**16 oz.**

**A FULL POUND for 10c**

No premiums, but one-third more starch than you get of other brands. Try it now, for hot or cold starching it has no equal and will not stick to the iron.

**Exceptionally Low Rates to Brighter Possibilities**

The Southwest is the land of possibilities. The opportunities for men of average means are brighter here than elsewhere—you can get more for your labor or your investment. The opportune time, is now while the land is cheap. The country is selling up. If you purchase land now you will soon see grow up around you a community of prosperous energetic men who like yourself have seen the brighter possibilities of the Southwest, and have taken advantage of them.

Along the line of the Missouri, Kansas & Texas R.R. in Indian Territory, Oklahoma, and Texas are vast areas of unimproved land not now yielding the crops of which it is capable. The same thing, in a different way, is true of the towns. Few lines of business are adequately represented. There are openings of all sorts for you. If you are in any way interested in the Southwest, I'd like to send you a copy of my free paper, "The Coming Country."

**August 7th and 21st**

You can make a trip Southwest exceptionally cheap. Round trip tickets, good thirty—30 days, will be sold by all lines in connection with the M. & T. R.R. at not more than one fare plus \$2.00; in many cases—from Chicago to San Antonio or El Paso the rate is \$25.00, from St. Paul, \$27.00, from St. Louis and Kansas City, \$28.00. The rates are considerably lower. The ticket permits of stopovers in any direction, via M. & T. R.R. If your nearest railroad agent cannot give you the rates, write me for particulars.

**W. S. ST. GEORGE**  
 General Passenger Agent, M. & T. R.R.,  
 Wainwright Building, St. Louis, Mo.  
 G. A. BERRY, Bloomington, Kansas City, Mo.

**DR. PRICE'S WHEAT FLAKE CELERY FOOD**

Persons whose diet is composed of most wholesome foods are comparatively free from disease and are active mentally and physically. Dr. Price's Food being made from the whole grain of the wheat, if eaten daily, disposes to keep the bowels regular. **Palatable—Nutritious—Easy of Digestion and Ready to Eat** can be served hot. Put in a hot oven for a few minutes; or cook in boiling milk to a mash.

**10c a package.** For Sale by My Signature or by the name of Dr. Price's Food. Beware of cheap imitations. Dr. Price, the National Food expert, the creator of Dr. Price's Cream Baking Powder, Delicious Flowering Raisins, Ice Cream, Biscuits and Jelly Desserts, has never been convicted, notwithstanding the fact that he has received the highest commendations of his products. They are contained in their original packages. This is an absolute guarantee of their quality and purity.

**W. D. P.**