

The Things We Eat.
Too much meat is absolutely harmful 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 enters 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 man, woman and child to the taste and direct benefit to your health. A 10-cent package of EGG-O-SEE contains ten liberal breakfasts. Our friends advertise it as a healthy 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 booklet of plain, good common sense. If you want a copy, address EGG-O-SEE Company, 10 First St., Quincy, Ill.

A Balloon Inclines Railroad.
Consul William Bardi writes from Bamberg that Engineer Balderauer, of Salzbach, has invented a balloon railroad, experiments with which are now being made 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 slide is fastened to a slide of a steep mountain, which ordinary railroads could not climb, except through deep cuts and tunnels. The balloon is to float about 25 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 the 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.

The fanatic would rather see the race go to the pit than that any should reach heaven unlabeled with his aid.

Smokers have to call for Lewis' Single Binder cigar to get it. Your dealer or Lewis' Factory, Peoria, Ill.

Money is the best bait to fish for man with.—From the French.

Mrs. Winslow's Smoothing Sycamore. For children, smoothing, ironing, starching, softening, always puts, cuts a wind out. Use a bottle.

There's no argument equal to a happy smile.

A PRETTY MILKMAID

Thinks Peruna is a Wonderful Medicine.



MISS ANNIE HENDREN, Rocklyn, Wash., writes: "I feel better than I have for over four years. I have taken several bottles of Peruna, but the wholesome milk, and the milk of the cow, 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 recommend it. Letters like the above, thanking him for his advice, and especially for the wonderful benefits received from Peruna.

SLAPS DREYFUS' FACE

COWARDLY ATTACK ON MAJOR AT MILITARY CLUB.

DID NOT RESENT INSULT

Rehabilitated Officer Stunned by Treatment Accorded Him on First Visit to Exclusive Organization Since Reinstatement.

Paris.—Major Dreyfus was the victim of a cowardly attack on the Military club Wednesday night, where all the officers were assembled to give a reception to the Thirtieth regiment artillery, to which Dreyfus and Commandant Targe, of his stanchest defenders, are attached. The moment Dreyfus and his friend Targe presented themselves in the salon of the Cercle Militaire a commandant, approached Dreyfus and slapped him squarely in the face. Dreyfus was stunned at the treatment accorded him on his first visit to the club, which is the most exclusive in France, since he was restored to the army, but he did not resent the insult.

The club immediately became divided into two factions, however, one favoring and the other opposing Dreyfus, and a general clash resulted between the officers. During the melee, it is said, many of those engaged were seriously injured. The doors of the club instantly were closed.

The assault is regarded as part of a conspiracy to reopen the Dreyfus affair. The commandant who insulted Dreyfus will, it is said, refuse to meet Dreyfus in a duel in the hope Dreyfus will tire of the humiliations his associates appear determined to heap upon him and quit the army.

M. Etienne, minister of war, will order the arrest of the commandant and subject him to trial.

Dreyfus was invited to the reception by Joseph Reinach, one of his supporters. The reception was intended to be a great compliment to the reinstated officer. It was the intention of Dreyfus to stay for two months' vacation in Switzerland.

END OF THE PEACE CONFERENCE

Interparliamentary Union Adopts Resolutions and Adjourns.

London.—The conference of the interparliamentary union, after a prolonged debate Wednesday, adopted the following resolution: "The interparliamentary union, now assembled in London, expresses the view that the second Hague conference should be held in 1907."

"I. By treaty define contraband of war as being restricted to arms, munitions of war and explosives.

"II. Reassert and confirm the principle that neither a ship carrying contraband of war nor other goods aboard such ship not being contraband of war may be destroyed.

"III. Agree that the line between belligerent private property should be as immune at sea as it is on land."

CAPTURE TRIO OF TOUGH MEN

Sheriff Depictes Arrest Alleged Post Office Thieves in Ohio Town.

Zanesville, O.—In a hand to hand combat in Frank Lewis' saloon in Johnstown, Licking county, Wednesday night, Marshal Drebach and two deputies made the arrest of Frank Burke and Ira McCarty, while Edward Harrison escaped from them, to be caught later by a posse in a cornfield at the edge of the village.

The triumvirate of alleged outlaws, who were all armed, are thought to have been who burglarized the post office at Crooksville, the post office at New Concord and the office of a brick plant at South Zanesville, in each instance a safe being blown.

LIGHTNING KILLS CHILDREN

Boit Destroys Life of Sleeping Girls and Burns Mother.

St. Paul, Minn.—News has been received here of the burning to death of three children—Bertha, aged five years; Minnie, aged three years; and Bessie, aged one year—daughters of Mr. and Mrs. Daniel Sartwell, in a shack on the road between Scanlon and Carlton, Minn., about 20 miles from Duluth, where the lightning struck on Monday night. Sartwell was not badly burned but that his recovery is doubtful.

May Discover Cancer Root.

London.—As the result of experiments with mice, the superintendent of the Imperial cancer research fund laboratory, announced at a meeting of the subscribers to the fund that the prospects of discovering the mystery of the origin of cancer were more hopeful than ever. Experts, he said, are now able to reproduce in mice all the features of spontaneous cancer, and to protect healthy mice from the consequences by inoculation.

Porto Rico Anniversary.

San Juan, Porto Rico.—The eighth anniversary of the landing of United States troops was observed Wednesday throughout Porto Rico in a larger scale than heretofore. There was a special demonstration at Ponce.

Asks Officer to Explain.

Washington.—The navy department has called upon Lieut. H. Dunn for an explanation of a newspaper paragraph published concerning his conduct while temporarily in command of the receiving ship Independence.

In a few days a letter dropped in the Chicago general postoffice fifteen or twenty minutes before the departure of trains for St. Paul, Minneapolis, Omaha, St. Louis, New Orleans, Detroit, Grand Rapids, Cleveland, Buffalo, New York and the east will be aboard flyers on their way to these and hundreds of other points between the Lakes and the Gulf and the two oceans. The new fast work will be possible by the connection between the Chicago subway and the Illinois Central's main rooms at the Park Row station, which is also used by the Michigan Central, Big Four and Wisconsin Central roads. The subway which runs under Wabash avenue has a spur in Thirteenth street to the south end of the big railway station. All eastward mail to the station has been hauled by wagons. Now it will be dropped into waiting electrical cars in the subway under the postoffice and rushed to the Park Row station, where it will be dumped onto waiting elevators which will lift them to the doors of waiting mail cars.

FROG TO BE BLAME.

Weather Prophet Had Simply Put Faith Where He Believed He Had a Right.

James Wilson, the secretary of agriculture, was discussing an antiquated kind of farming.

"It is about as profitable and logical," he said, "as the weather reading of a Connecticut farmhand I used to know."

"This farmhand claimed that he could read the weather infallibly. On a walk with me one afternoon a frog croaked, and he said: 'We will have clear weather for 24 hours. When it rains in the afternoon you may be sure of 24 hours of sunshine.'

"We walked on, and in 20 minutes or so a heavy shower came up and we were both drenched to the skin. 'You are a fine weather prophet,' said I, as we hurried homeward through the downpour. 'You ought to be ashamed of yourself!'

"O, well," said the farmhand, 'the frog lied. It's to blame, not me. Am I responsible for the morals of that particular frog?'

AWFUL ITCHING ON SCALP.

Hair Finally Had to Be Cut to Save Any—Scalp Now in Good Condition—Cured by Cuticura.

"I used the Cuticura Soap and Ointment for a diseased scalp, dandruff, and constantly falling of hair. Finally I had to cut my hair to save any at all. Just at that time I read about the Cuticura Remedies. Once every week I shampooed my hair with the Cuticura Soap, and I used the Ointment twice a week. In two months' time my hair was long enough to do up in French twist. That is now five years ago, and I have a lovely head of hair. The length is six inches below my waist line, my scalp is in very good condition, and no more dandruff or itching of the scalp. I used other remedies that were recommended to me as good, but with no results. Mrs. W. F. Gries, Clay Center, Neb., Oct. 23, 1905."

Sleepy Policeman's Mistake.

An urban councilor of Milton, St. George's, England, got into a compartment at Barking in which a policeman and a prisoner were traveling.

Presently the policeman fell asleep and when the train reached Plaistow the prisoner, failing to arouse his custodian, quietly got out. When the policeman woke up he mistook the urban councilor for his prisoner and tried to force him out to the platform. The councilor resisted, and the train went on to Bromley-by-Bow.

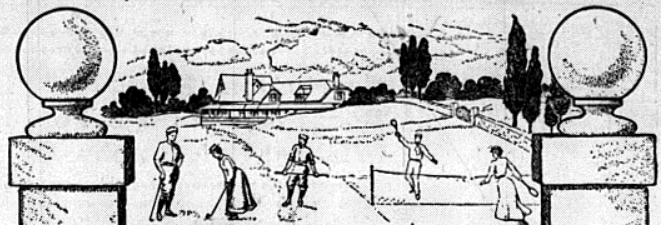
Here the policeman succeeded in hauling the victim out and took him back to Plaistow by train. After a long cross-examination the councilor was liberated and reached home by cab in the small hours of the morning.

Yellowstone Park.

This is the grand tourist resort of the people and one of the most beautiful parts of the American Continent. Only by a trip to this region can the tourist comprehend the endless variety and stupendous grandeur of the features embraced in this tract of country. Very low round-trip rates to this resort have been put in effect this summer by the Union Pacific and its connection.

For full information in regard to rates, and Yellowstone Park folder, address W. G. Neimeyer, G. A., 120 Jackson Boulevard, Chicago, Ill.

Adam and Eve should have got along better than they did considering that there was never any dispute about it, except no room in the closet for the other to hang his clothes.



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, headaches, 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.

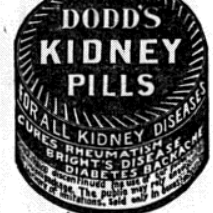
It is because of the fact that SYRUP OF FIGS is a remedy of known quality and excellence, and approved by physicians that has led to its use by so many millions of well informed people, who would not use any remedy of uncertain quality or inferior reputation. Every family should have a bottle of the 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.

The Age of Greed.

"A few days ago, while walking down an Omaha street, I saw a man ahead of me drop a pocketbook. I picked it up and when the man missed it and the boy returned it to him without looking for the man gave the boy a quarter. The boy accepted it, but was disgusted. 'Is that all I get for being honest?' he asked. 'Yes a pretty cheap buy!' 'There's just three dollars in the pocketbook,' said the man. 'Well, you oughter gimme a dollar, anyway,' the boy replied. 'Had I been the man I'd have been sorely tempted to add a kick to the quarter.' 'And there are lots and lots of people just like that boy in this world.'—Denver Post.

"The best hearts are ever the braviest," said Sterne.



SICK HEADACHE

Positively cured by these Little Pills. They also relieve Distress from Dyspepsia, Indigestion and Bowel Complaints. A perfect remedy for Headache, Neuralgia, Rheumatism, Gout, Gravel, and all the Painful Affections of the Urinary Tract. Sold Everywhere. Beware of cheap imitations. The name is on the wrapper. SMALL PILL. SMALL DOSE. SMALL PRICE. Genuine Must Bear Fac-Simile Signature. REFUSE SUBSTITUTES.

A. N. K. (1906-30) 2130.

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 opportunity time is now while the land is cheap. The country is settling up. If you purchase land now you will soon have grown 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 Ry in Indian Territory, Oklahoma, and Texas are vast areas of unimproved land—land not now being sold at less than \$10.00 per acre. The same thing, in a different way, is true of the lower. 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 at 75c. In connection with the M. & T. R. Y. at not more than one fare plus 10c; in fact, you can get a better rate than Antonio, etc. The rate is \$25.00 from St. Paul, Minn. to Oklahoma City, Okla., and \$15.00 to Dallas, Tex. Tickets permit of stopovers in both directions. Via M. & T. R. Y. If your nearest railroad agent cannot give you the rates, write me for particulars.

W. S. ST. GEORGE
General Passenger Agent, M. & T. R. Y.
Wainwright Building, St. Louis, Mo.
G. W. SMITH, 305 Marquette Bldg., Chicago, Ill.

ANNUAL PERSONALLY-CONDUCTED NIAGARA FALLS EXCURSION

LAKE ERIE & WESTERN R. R.

THE PIONEER NIAGARA FALLS EXCURSION LINE

IN CONNECTION WITH THE Lake Shore & Michigan Southern Ry.

Thursday, August 2, 1906

Tickets good returning on C. & E. N. Line Steamer, Buffalo to Cleveland, if desired.

SIDE TRIPS TO TORONTO, THOUSAND ISLANDS, ETC. ALSO CHEAP RATES to Sandusky and Put-in-Bay

ARRANGE YOUR NUMBER OTHER FOR THE FIRST OF AUGUST AND COME WITH US

For pamphlet containing general information as to rates, time, etc., and any ticket agent of the above route, or address

S. D. McLEISH, General Passenger Agent, INDIANAPOLIS, IND.

DEFIANCE STARCH

COMPLEXION HANDS AND HAIR



Preserved, Purified and Beautified by

Cuticura SOAP

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Agents 21 to 35 for mechanics, and 17 to 25 for apprentice seamen; good opportunity for advancement to the right men; applicants must be American citizens of good character and physique. Ratians, lodging, medical attendance and first outfit of clothing free; pay \$16 to \$70 a month, according to ratings. Call or write NAVY RECRUITING STATION, Post Office Building, Chicago, Ill.

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A Certain Cure for Tired, Hot, Aching Feet. DOES NOT ACCEPT A SUBSTITUTE.