

THOUSANDS HAVE KIDNEY TROUBLE AND DON'T KNOW IT



To Prove what Swamp-Root, the Great Kidney Remedy, Will Do for YOU, Every Reader of this paper May Have a Sample Bottle Sent Free by Mail.

Weak and unhealthy kidneys are responsible for more sickness and suffering than any other disease, therefore, when through neglect or other causes, kidney trouble is permitted to continue, fatal results are sure to follow.

Your other organs may need attention—but your kidneys most, because they do most and need attention first.

If you are sick or "feel badly," begin taking Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder remedy, because as soon as your kidneys begin to get better they will help all the other organs to health. A trial will convince anyone.

The mild and immediate effect of Swamp-Root the great kidney and bladder remedy is soon realized. It stands the highest for its wonderful cures of the most distressing cases. Swamp-Root will set your whole system right, and the best proof of this is a trial.

53 COTTAGE ST., MELROSE, MASS.
 DEAR SIR: JAN. 11th, 1904.
 "Ever since I was in the Army, I had more or less kidney trouble, and within the past year it became so severe and complicated that I suffered everything and was much alarmed—my strength and power was fast leaving me. I saw an advertisement of Swamp-Root and wrote asking for advice. I began the use of the medicine and noted a decided improvement after taking Swamp-Root only a short time. I continued its use and am thankful to say that I am entirely cured and strong. In order to be very sure about this, I had a doctor examine some of my water to-day and he pronounced it all right and in splendid condition. I know that your Swamp-Root is purely vegetable and does not contain any harmful drugs. Thanking you for my complete recovery and recommending Swamp-Root to all sufferers I am,
 Very truly yours,
 I. C. RICHARDSON.

Swamp-Root is not recommended for everything but it promptly cures kidney,

EDITORIAL NOTE.—In order to prove the wonderful merits of Swamp-Root you may have a sample bottle and a book of valuable information, both sent absolutely free by mail. The book contains many of the thousands upon thousands of testimonial letters received from men and women cured. The value and success of Swamp-Root are so well known that our readers are advised to send for a sample bottle. In sending your address to Dr. Kilmer & Co., Binghamton, N. Y., be sure to say you read this generous offer in this

paper. The genuineness of this offer is guaranteed.

liver and bladder troubles, the symptoms of which are—obliged to pass your water frequently night and day, smarting or irritation in passing, brickdust or sediment in the urine, headache, backache, lame back, dizziness, poor digestion, sleeplessness, nervousness, heart disturbance due to bad kidney trouble, skin eruptions from bad blood, neuralgia, rheumatism, diabetes, bloating, irritability, wornout feeling, lack of ambition, loss of flesh, sallow complexion, or Bright's disease.

If your water, when allowed to remain undisturbed in a glass or bottle for twenty-four hours, forms a sediment or settling or has a cloudy appearance, it is evidence that your kidneys and bladder need immediate attention.

Swamp-Root is pleasant to take and is for sale at drug stores the world over in bottles of two sizes and two prices—fifty cents and one dollar. Remember the name, Swamp-Root, Dr. Kilmer's Swamp-Root, and the address, Binghamton, N. Y., on every bottle.

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COUPON.

Please write or fill in this coupon with your name and address and Dr. Kilmer & Co., will send you a Free Sample Bottle of Swamp-Root the Great Kidney Remedy.

Name.....
 St. and No.....
 City or Town.....
 State.....
 Mention this paper.

WE WANT YOUR NAME and will send you prospectus and full particulars of NINE SUCCESSFUL GOLD, SILVER, COPPER, LEAD, ZINC AND QUICKSILVER Mining Companies, if you will send us your name and address. Mining Maps Free. ARBUCKLE-GOODE COMMISSION CO., 325 Olive Street, St. Louis, Mo.

PILES NO MONEY TILL CURED. 27 YEARS ESTABLISHED. We send FREE and postpaid a 252-page treatise on Piles, Fistula and Diseases of the Rectum; also 100-page treatise on Diseases of Women. Of the thousands cured by our mild method, none paid a cent till cured—we furnish their names on application. DR. THORNTON & MINOR, 205 Olive Street, St. Louis, Mo., and 1000 Oak St. Kansas City, Mo.

Medicated with Thompson's Eye Water

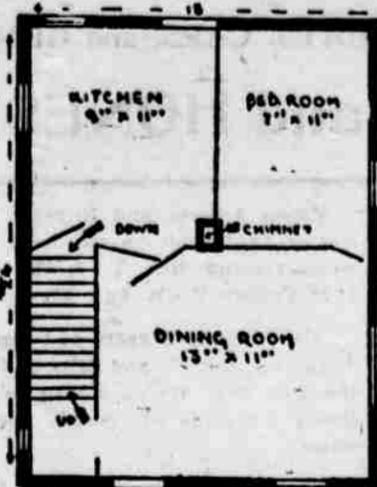
When writing advertisers, kindly mention this paper.

TWO-STORY FRAME HOUSE.

Ground and Upper Floors of Plain but Comfortable Abode.

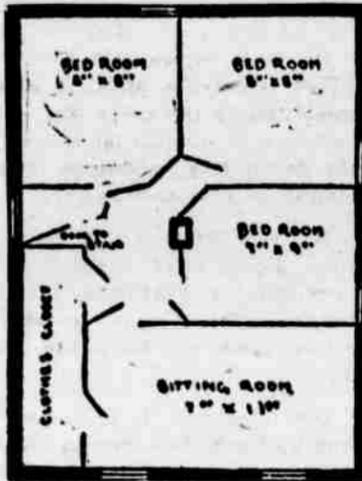
H. L. M.—Please publish a plan of a frame house 18 by 24 feet, two stories high.

If the bedroom in the ground floor plan is not required, the partition between the kitchen and bedroom may



Ground Floor Plan.

be moved, making the kitchen larger, and converting the bedroom into a pantry. Should there be no cellar under the house, the cellarway under the stairs may be used for a closet. The door between the dining room



Upper Floor Plan.

and kitchen may be sliding or double, so that if desired the rooms at any time may be thrown into one.

Operating a Cold Frame.

J. H.—Please describe the operating of a cold frame for the growing of vegetable and flower seeds for transplanting.

A cold frame is simply a frame set on the ground, no bottom heat being used, and, except where extra care may be given to protection through the winter, is of but little value for the wintering of seedlings or for the later fall growing of plants. For spring use, however, the use of such a frame will hasten the season by several weeks. The time in the spring when it would be safe to sow seeds in a cold frame would depend on the protection given and the kind of seeds to be sown. Cold wooded seeds, such as cabbage, cauliflower, lettuce and radish, in vegetable, sweet pea, aster poppy and marigold among flowers, may be sown in a cold frame in March, providing the soil in the frame is not allowed to freeze. In April, tender seed may be sown. The frames are usually made to hold four hotbed sash, and as the regulation sash is three by six feet, the frame should be at least eighteen inches high at the back, sloping to twelve inches at the front, thus giving a fall of six inches to the sash. The soil within the frame should be mellow and rich in plant food. Care must be taken to water as needed, and the sash lifted at the back on hot days to furnish air and prevent the damping-off of the seedlings. Having no hotbed sash, you could make a frame to hold one or more window sash. Such a frame gives very good results.

TERRIBLE SUFFERING

THIS YOUNG WOMAN APPEALED IN VAIN FOR HELP.

When Hope had Almost Settled Into Utter Despair Relief Came from an Unexpected Source.

Mrs. Emma Heidebreder, of No. 1323 Joy street, Burlington, Iowa, whose husband is an employee of the Rand Lumber Co., tells a story of pitiable suffering:

"For about five years," she says, "I had a host of physical ills that kept me an invalid and puzzled the doctors. Some of them thought I was going into consumption. At times I was so weak that I could not comb my hair or even wash my face. Then excruciating pains ran suddenly up my thigh and I had to be carried to bed screaming in my agony. I could no longer do my work and the drain upon my husband's purse was very heavy. I craved food but what I ate only gave me discomfort. My liver was torpid, and often I had to be carried to the door for air to save me from suffocating.

"The worst was the pain which seemed as if my thigh were being pushed out of my body. The best doctors could do was to deaden it by narcotics. Once they thought I could not live for more than two days. In one of my worst attacks, a friend said: 'Why don't you try Dr. Williams' Pink Pills? They are the only thing that ever helped my rheumatism.'

"I took his advice. After using one box I felt better, and I continued to use the pills for three or four months with steady improvement until I was well. For four years I have been able to do all my household work, and no longer have to take medicine for any serious trouble. I gave one box of Dr. Williams' Pink Pills to a man on crutches because of rheumatism and advised my market woman to buy a box when she was complaining of the same trouble. I heard that he was soon able to throw his crutches away, and she told me she had got rid of the rheumatism by the use of one box and could not thank me too much."

Testimony multiplies as to the magnificent curative powers of Dr. Williams' Pink Pills for Pale People in cases of rheumatism, neuralgia, nervous headache, palpitation of the heart and all forms of weakness in either male or female. They are sold by all druggists throughout the world.

About the Sweet Potato.

The so-called "sweet potato" is no potato at all, but belongs to an entirely different family, having truly an enlarged root of a creeping, twining vine, which has a blossom something like a morning glory. Sweet potatoes are richer in starch and sugar than the common potato.

A GREAT INSTITUTION.

It is unusual that a single institution in a city of 8,000 people will overshadow in importance every other interest, but such is the case with the American School of Osteopathy, and A. T. Still Infirmary at Kirksville, Mo.

A stranger in Kirksville is immediately impressed with the idea that the town is sustained by this institution, in fact, Kirksville has been made what it is to-day by Dr. Still and his famous School and Infirmary. It is the largest patronized unendowed institution of its kind in the United States.

Dr. Still's school enrolls over 700 students yearly and each student is required to attend four terms of five months each before completing the course of study. There are over 2,000 graduates and they are practicing in every state and territory of the Union. About two-thirds of the states have passed special laws legalizing the science.

This school teaches every branch taught in medical colleges except "drugs" and osteopathy is substituted for that. So thorough is the teaching in anatomy that over one hundred human bodies are dissected yearly by the students.

At the Infirmary, patients from every part of the country and with almost every form of disease are constantly under treatment. For the past fifteen years almost every train coming to Kirksville has brought some new sufferer hoping to find relief by the science of Osteopathy. By the thousands who have left the institution benefited by the treatment, the science has been heralded to the world as a safe and rational method of cure. Several years ago a free clinic was established in connection with the practice department of the school and this is still in operation. Hundreds of the worthy poor, who are unable to pay for treatment, are treated every afternoon by the senior students free of charge.