Let Me Tell You Something

A woman who is sick and suffering, and won't at least try a medicine which has the record of Lydia E. Pinkham's Vegetable Compound, is to blame for her own wretched condition.

There are literally hundreds of thousands of women in the United States who have been benefited by this famous old remedy, which was produced from roots and herbs over thirty years ago by a woman to relieve woman's suffering.

Read what these women say:

Camden, N. J.—"It is with pleasure that I send my testimonial for Lydia E. Pinkham's Vegetable Compound, hoping it may induce other suffering women to avail themselves of the benefit of this valuable remedy.

"I suffered from pains in my back and side, sick headaches, no appetite, was tired and nervous all the time, and so weak I could hardly stand. Lydia E. Pinkham's Vegetable Compound made me a well woman—and this valuable medicine shall always have my praise."—Mrs. W. P. Valentine, 902 Lincoln Ave., Camden, N. J.

Erie, Pa.—"I suffered for five years from female troubles, and at last was almost helpless. I tried three doctors but they did me no good. My sister advised me to try Lydia E. Pinkham's Vegetable Compound, and it has made me well and strong. I hope all suffering women will just give Lydia E. Pinkham's Vegetable Compound a trial, for it is worth its weight in gold."—Mrs. J. P. Endlich, R. F. D. 7, Erie, Pa.

Since we guarantee that all testimonials which we publish are genuine, is it not fair to suppose that if Lydia E. Pinkham's Vegetable Compound had the virtue to help these women it will help any other woman who is suffering from the same trouble.

For 30 years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for female ills. No sick woman does justice to herself who will not try this famous medicine. Made exclusively from roots and herbs, and has thousands of cures to its credit.

If the slightest trouble appears which you do not understand, write to Mrs. Pinkham at Lynn, Mass., for her advice—it is free and always helpful.

Grief That Kills.

"My poor boy," said the beneficent old clergyman, who had encountered a young waif sobbing in the streets, "what ails you? Some case of dire distress has touched your heart-chords, no doubt."

"No," sniffed the lad, "you're clear off your base, old kazzozicks. Me an' Snippy an' de rest of de fellies tin-canned the mangy, old yellow cur up at Schwarz' grocery, and while old Schwarz an' de gang followed the dog, I sneaked back to the grocery to swipe dried apples. De Fido chased into Schmitt's orchard and de gang cribbed de swellest peaches you ever seen, an' then dey smoked grape-vine cigarettes and set the barn a-fire. I made a sashay into de apple barrel at de grocery, an' de delivery boy pasted me with a bed-slat and it hurts yet, and I didn't get to see de fire, and didn't get nothin' to eat, and I wisht I wuz dead—dog-gone it all!"—The Bohemian Magazine.

Perfectly Reckless.

The members of the church voted that their dearly-beloved and devoted pastor should have a vacation, and so he decided that he would visit a brother-worker in the neighboring village. This good brother recognizing his fellow-worker in the Lord way back among the congregation, on Sunday morning, and wishing to show every courtesy, asked him to lead in prayer. But the visitor calmly replied: "You'll have to excuse me, dear brother, I'm on my vacation."—Ladies' Home Journal.

Not Our Discovery.

The Greek, Eratosthenes, 250 B. C., taught the doctrine of the rotundity of the earth, and the ideas of the sphere, its poles, axis, the equator, arctic and antarctic circles, equinoctial points and the solstices were quite generally entertained by the wise men of that time. There were plenty of men in Rome, therefore, who were prepared to talk about the earth as a sphere and to make globes illustrating their ideas.

"COFFEE DOESN'T HURT ME"

Tales That Are Told.

"I was one of the kind who wouldn't believe that coffee was hurting me," says a N. Y. woman. "You just couldn't convince me its use was connected with the heart and stomach trouble I suffered from most of the time.

"My trouble finally got so bad I had to live on milk and toast almost entirely for three or four years. Still I loved the coffee and wouldn't believe it could do such damage.

"What I needed was to quit coffee and take nourishment in such form as my stomach could digest.

"I had read much about Postum, but never thought it would fit my case until one day I decided to quit coffee and give it a trial and make sure about it. So I got a package and carefully followed the directions.

"Soon I began to get better and was able to eat carefully selected foods without the aid of pepsin or other digestants and it was not long before I was really a new woman physically.

"Now I am healthy and sound, can eat anything and everything that comes along and I know this wonderful change is all due to my having quit coffee and got the nourishment I needed through this delicious Postum.

"My wonder is why everyone don't give up the old coffee and the troubles that go with it and build themselves up as I have done, with Postum."

Easy to prove by 10 days' trial of Postum in place of coffee. The reward is big.

"There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

GENEROUS.

Clarence Dubb—May I have this dance, Miss Sharply?

Miss Sharply—Certainly! I don't want it!

AILING WOMEN.

Keep the Kidneys Well and the Kidneys Will Keep You Well.

Sick, suffering, languid women are learning the true cause of bad backs and how to cure them. Mrs. W. G. Davis, of Groesbeck, Texas, says: "Backaches hurt me so I could hardly stand. Spells of dizziness and sick headaches were frequent and the action of the kidneys was irregular. Soon after I began taking Doan's Kidney Pills I passed several gravel stones. I got well and the trouble has not returned. My back is good and strong, and my general health is better."

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

Intruder Among the War Dogs.

Prof. William Lyon Phelps of Yale went to West Point last fall to lecture. He was lecturing in the chapel, the cadets were rigidly paying attention, erect, eyes front, each man a ramrod of military etiquette. An Irish setter entered the chapel door and ambled sniffingly down the aisle and up on to the platform. The cadets squirmed under the eagle eyes of their officers but not a man smiled. "Billy" noticed the strain. He looked down at the dog wagging its tail benevolently on the rostrum. "What! How's this?" said Prof. Phelps. "A setter? Why, I expected to see nothing but West Pointers up here."—Yale Alumni Weekly.

What Charlie Had.

Several of the scholars had returned to Sunday school after being absent some weeks on account of illness. "I had the measles," said one little girl. "I had the mumps," said another. "So did I," said a third. The superintendent heard them, and, addressing a curly-headed boy said: "Well, Charlie, you were absent, too. What did you have?"

Charlie's face flushed. He thought a moment and then sang out in high treble: "I had a little brudder!"—Delineator.

Offensive Advice.

"Madam," said the medical man, gravely, "you must practice filling your lungs with deep breaths of pure air."

"An' bust the smithereens out of my new direct'ry gown," sniffed the lady. "I think I see myself."

And turning on her high heels she haughtily left the apartment.—Cleveland Plain Dealer.

One Thing She Was Sure Of.

Grace—Really, mother, you seem cross this morning.

Mother (sternly)—How often have I told you not to let that young man kiss you?

Grace—I don't know, mother, but certainly not as often as he has kissed me.

NEW BOARD DIVIDES

Three Members Will Visit Each Institution

J. H. TERWIN IS PRESIDENT

Resolution Adopted by New Board Invites the Old Boards to Offer Advice and Assistance in Work.

Des Moines, Ia., April 22.—After electing James H. Trewin of Cedar Rapids president and appointing a committee of three to visit and become familiar with each of the three state schools, Iowa's new board of education closed its first meeting at the state house, without electing a finance committee and adjourned until May 12, when the members will meet with the board of regents of the state university at Iowa City.

Immediately following the Iowa City joint session the new board will go to Cedar Falls and then to Ames to hold similar joint sessions with the trustees of the state normal school and the state college. A resolution was adopted to the effect that the board will welcome advice and help from the three separate boards which it will supplant.

Three members of the board of nine will visit each of the three schools and devote considerable time to becoming familiar with the details of administration. This was decided upon as the best means of preparing the board as a whole for an intelligent discharge of its duties after July 1, when it first comes into official existence. Visiting committees were named as follows:

For the state university—James H. Trewin, P. K. Holbrook, A. B. Funk.

For the state college—T. D. Foster, E. P. Schoentgen and C. R. Brenton.

For the state teachers' college—D. D. Murphy, G. T. Baker, Roger Leavitt.

Will Trace Corporations.

Approximately $4,000 in postage and clerks' hire is to be spent by Secretary of State Hayward within the next six months in finding out how many corporations are actually doing business in Iowa and what companies have gone out of business since articles of incorporation were filed at the secretary's office. The expense will be borne by the corporations themselves, which, under a law passed by the Thirty-third general assembly, are required to pay an annual $1 fee to the state. Since the office of secretary of state was established about 16,000 corporations have filed articles, and no one knows how many of these are still in existence.

Merchants Call on Governor.

It is probable that Governor Carroll will grant a hearing as to whether he shall sign or veto the Balkema bill prohibiting certain trading stamp schemes. A number of retailers appeared before the governor and asked that he sign the bill. But many smaller retailers object on the ground that the trading stamp plan is of great aid to them in their business. The Balkema bill provides that each trading stamp concern must give a prize commensurate in value with the value of the trading stamps. For instance $500 in trading stamps would entitle the holder to $500 in prizes and would thus prohibit the "wild cat" trading stamp plans that have been uprooted in some Iowa cities.

Optometry Examiners.

There is to be named the board of optometry examiners of five members. Then there is the new hotel inspector and the state inspector of bees. The hotel inspector works along with the state board of health. The state bee inspector works in connection with the agricultural department and the department of pure food commissioner.

Must Compile Report.

Every two years on the September prior to the convening of the legislature, the executive council must compile a complete report showing all expenditures, amounts paid out for every possible expense, printing, supplies, fees, per diem, etc., which will be ready for the legislators when the assembly convenes.

Examine Doctors.

Examinations will be held by the medical examiners of state at the capitol building, June 1, 2 and 3, and for three days beginning June 22. The first examination is for Des Moines medical students, while the second will be to accommodate the students of eastern colleges who do not get out of school until after the middle of the month.

Winston on Job.

Harry S. Winston, for two years assistant actuary of the state auditor's department, and for the past eighteen months actuary of the Bankers' Accident association, has taken up the duties of actuary of the state insurance department.

New Iowa Corporations.

Owls Building company, Davenport, Ia, Capital stock, $5,000. W. W. Chamberlain, Edward Collins, S. A. Finger, John Benedict and O. G. Goldschmidt.

Thomas Not Satisfied.

Secretary Louis A. Thomas of the state board of health predicts the new quarantine will seriously cripple the work of the board in stamping out infectious and contagious disease and may undo the work of years in getting these under control and preventing epidemics.

Many Commissions to Sign.

Governor Carroll is preparing to sign about 7,000 notarial commissions before July 1. Each means $5 to the state.

LAST LIQUOR BILL SIGNED

GOVERNOR CARROLL AFFIXES NAME TO HAMMILL'S MEASURE.

All But Five of the New Bills Are Signed—Governor Will Not Use Veto Power.

Des Moines, Iowa, April 19.—After July 1 county attorneys will have a means of finding out just how many pints of whisky and how many quarts of wine were sold in any one month by druggists in their counties.

Senator Hammill's bill requiring druggists to number consecutively all applications for liquor was signed Saturday by the governor, the last of the temperance measures to pass through his hands. It provides that the numbered applications must be filed each month with the county auditor, and they must correspond with stubs to be kept by the druggists open to inspection at any time.

By looking over the numbered applications a county attorney will be able to discover just how much liquor has been sold by each druggist, and how many times sales have been made to the same person. The bill specifies the form of application that must be used and requires that when the applicant for liquor is unknown to the druggist the application must also be signed by a witness.

Buildings to Cost $100,000.

State Architect Liebbe and his assistant, B. F. Egbert, at the state house are completing plans for new state structures which will cost about $100,000.

The boy's custodial building at Glenwood, to cost $40,000, is to be commenced as soon as the contract is let on May 5.

At Oakdale, the seat of the State Tuberculosis hospital, many improvements are to be made. A new $5,000 residence for the superintendent is to be the first building erected. Then there are to be twenty cottages for the patients, to cost $1,000 each. A big building for the helpers and nurses is being designed to cost when completed $20,000. The plans contemplate a system of water works which will cost $4,000.

On May 4 bids will be opened for the heating and plumbing for the two big additions to the hospitals at Independence and Cherokee. These additions are modern in every way, and the cost of each when done is $125,000.

Affects Cigarette Smokers.

"It shall be unlawful," says the Proudfoot act, "for any person under 21 years of age to smoke or use a cigarette or cigarettes on the premises of another or on any public road, street alley or park or other land used for public purposes, or in any place of business or amusement, except when in company of his parent or guardian." Under the new law boys under 21 years of age may be arrested for smoking cigarettes in almost any place except their own homes, unless accompanied by their guardians or parents. The bill was introduced by Senator Proudfoot by request, and the Iowa Anti-Saloon league intends to see it enforced.

Will Ask for Bids.

Within the next thirty days the executive council probably will go over the plans and specifications and ask for bids for the marble work and other interior finishings of the historical building, for which $30,000 was appropriated by the legislature. Architect Oliver O. Smith drew plans for the interior finishing when the plans for the building itself were drawn, and these undoubtedly will be used in expending the $30,000. Mr. Smith estimated that the building could be finished according to his plans and specifications for that amount.

Speakers' Room for Board.

The executive council at its last meeting decided to put the new board in the speaker's room off the chamber of the house of representatives on the third floor of the capitol. The council delegated Governor Carroll to make the necessary arrangements. It is in this room that the board will hold its first session.

The executive council settled a vexing question in deciding to locate the board in the room always set apart for the speaker during the legislative session. Owing to the crowded condition of the state house, it was expected that some of those installed in offices would be forced to double up. A tempest of protest was stirred up as the result.

Insurance Tax Helps Treasury.

During the first three months of the year Auditor Bleakley collected the insurance taxes and fees and turned them over to the state treasury. They aggregate $361,880.02, of which $44,405. 17 were fees for certificates and examinations. This is the largest collection on record.

157 Want Pardons.

Members of the board of parole heard seventy-five cases at Fort Madison and eighty-two at Anamosa on their latest visit. The board will meet in Des Moines this week to make decisons on the cases.

Sold Cow That Was Affected.

Members of the state pure food and dairy department have been called to Ames to investigate a case wherein it is charged that an Ames butcher was discovered to be selling beef badly affected with tuberculosis lesions.

Signed All Bills.

Governor Carroll has completed the signing of all but five of the bills passed by the Thirty-third general assembly. None of the five is important, and the indication now is that Governor Carroll will not use his veto power.

Last Bill Signed.

Senator Clarkson's assumption of risk bill and Senator Cosson's law enforcement bill giving the attorney general supervision over county attorneys have been signed.

WHAT JOY THEY BRING TO EVERY HOME

as with joyous hearts and smiling faces they romp and play—when in health—and how conducive to health the games in which they indulge, the outdoor life they enjoy, the cleanly, regular habits they should be taught to form and the wholesome diet of which they should partake. How tenderly their health should be preserved, not by constant medication, but by careful avoidance of every medicine of an injurious or objectionable nature, and if at any time a remedial agent is required, to assist nature, only those of known excellence should be used; remedies which are pure and wholesome and truly beneficial in effect, like the pleasant laxative remedy, Syrup of Figs and Elixir of Senna, manufactured by the California Fig Syrup Co. Syrup of Figs and Elixir of Senna has come into general favor in many millions of well informed families, whose estimate of its quality and excellence is based upon personal knowledge and use.

Syrup of Figs and Elixir of Senna has also met with the approval of physicians generally, because they know it is wholesome, simple and gentle in its action. We inform all reputable physicians as to the medicinal principles of Syrup of Figs and Elixir of Senna, obtained by an original method, from certain plants known to them to act most beneficially, and presented in an agreeable syrup in which the wholesome Californian blue figs are used to promote the pleasant taste; therefore it is not a secret remedy, and hence we are free to refer to all well informed physicians, who do not approve of patent medicines and never favor indiscriminate self-medication.

Please to remember and teach your children also that the genuine Syrup of Figs and Elixir of Senna always has the full name of the Company—California Fig Syrup Co.—plainly printed on the front of every package and that it is for sale in bottles of one size only. If any dealer offers any other than the regular Fifty cent size, or having printed thereon the name of any other company, do not accept it. If you fail to get the genuine you will not get its beneficial effects. Every family should always have a bottle on hand, as it is equally beneficial for the parents and the children, whenever a laxative remedy is required.

PUTNAM FADELESS DYES

Color more goods brighter and faster colors than any other dye. One 10c package colors all fibers. They dye in cold water better than any other dye. You can dye any garment without ripping apart. Write for free booklet—How to Dye, Bleach and Mix Colors. MONROE DRUG CO., Quincy, Illinois.

HIS LUCK.

"Way didn't you come around earlier? The snow is all melted away."

"Dat's just my luck, lady. Every time I feels like workin' de sun comes out and does me out of a job!"

DAILY AND SUNDAY FOR ONLY $1.00

The Des Moines News, Daily and Sunday six full months for only $1.00. This trial offer should appeal to the reading public. Send in your dollar bill to-day.

Too Literal.

"Well, yes," said Old Uncle Lazzenberry, who was intimately acquainted with most of the happenstances of the village. "Almira Stang has broken off her engagement with Charles Henry Tootwiler. They'd be goin' together for about eight years, durin' which time she had been inculcatin' into him, as you might call it, the beauties of economy; but when she discovered, just lately, that he had learnt his lesson so well that he had saved up 217 pairs of socks for her to darn immediately after the wedding, she 'peared to conclude that he had taken her advice a little too literally, and broke off the match."—Puck.

$100 Reward, $100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

Address F. J. CHENEY & CO., Toledo, O.

Sold by all Druggists, 75c.

Take Hall's Family Pills for constipation.

Letting Him Down Easy.

A young man of very limited means, after the marriage ceremony, presented to the minister 27 large copper cents, all spread out on the palm of his right hand. "This is all I've got, parson," he said. Seeing a disappointed look in the minister's face, he added: "If we have any children we will send them to your Sunday school."—Success Magazine.

Ask Your Druggist for Allen's Foot-Ease.

"I tried ALLEN'S FOOT-EASE recently, and have just bought another supply. It has cured my corns, and the hot, burning and itching sensation in my feet which was almost unbearable, and I would not be without it now.—Mrs. W. J. Walker, Camden, N. J." Sold by all Druggists, 25c.

Natural Solicitude.

Invalid Husband—Did the doctor say I was to take all that medicine?

Wife—Yes, dear.

Invalid Husband—Why, there's enough there to kill a donkey.

Wife (anxiously)—Then you'd better not take all of it, John!—Tit Bits.

Time is the best test. For over fifty years Hamlins Wizard Oil has been the most popular remedy in the United States for the cure of Rheumatism, Neuralgia and all pain and inflammation.

Skill to do comes of doing, knowledge comes by eyes always open and working hands, and there is no knowledge that is not power.—Emerson.

Do not force yourself to take offensive (and harmful) drugs—take Garfield Tea, Nature's Herb laxative; it overcomes constipation, purifies the blood, brings Health!

It doesn't take much to satisfy most people who are self-satisfied.

Moving Pictures Here to Stay

Invest Your Money in Moving Picture Theatres. You Will Get Greater Returns from This Than from Any Other Investment

It pays big to amuse the public. It requires but a small investment to start and maintain a MOVING PICTURE THEATRE. It is a fact that most of these theatres pay 500% on their original investment in one year. FORTUNES are being made in this business on SMALL INVESTMENTS.

The STANDARD FILM EXCHANGE is one of the largest and most reliable companies who make a business of EQUIPPING THEATRES COMPLETELY. We handle everything that belongs to the business. We help you convert a store room or hall into a MOVING PICTURE THEATRE. We furnish CHAIRS, MACHINES, CURTAIN and SUPPLIES, and RENT YOU MOVING PICTURE FILMS and SONG SLIDES.

WRITE US FOR FULL DETAILS and ESTIMATES. We invite you to call at our offices, where every courtesy will be extended. Address us as follows:

Standard Film Exchange

Dept. 828, 79 Dearborn Street, Chicago, Illinois

Kindly mention this paper when writing.

WRIGLEY

Crush!

go the mint leaves!

OUT flows the delicious mint leaf juice!

WRIGLEY'S Spearmint is full of it—and you can't chew it out.

Look for the spear — WRIGLEY'S SPEARMINT PEPSIN GUM — The flavor lasts

WHEN *YOU* RETIRE—Come To Seattle

"Farmers, like other hard workers, often desire to change their environments after they have obtained a competency."—*Editorial.*

Why then not seek homes where climate, scenery, progressiveness and other attractions are all that the most fertile imagination can picture, as in the matchless Puget Sound Country? Here, in the wonderfully fertile Northwest, farmers are every week retiring to the progressive Puget Sound cities, and by investing in improved city property, they not only insure themselves the necessary steady income, but their estates continuously increase in value, without their least concern nor worry.

Especially is this true of investments made in Seattle's *Central Business Property*, which my Company places within reach of *all*. When YOU come this summer, to SEATTLE'S A-Y-P, you will want to look into this. Better let me send you full particulars beforehand. Please write to me now.

FRANK T. HUNTER, *President*,

THE TRUSTEE COMPANY, Seattle, Wash.

MAPLEINE

A flavoring that is used the same as lemon or vanilla. By dissolving granulated sugar in water and adding Mapleine, a delicious syrup is made and a syrup better than maple. Mapleine is sold by grocers. If not, send 25c for 2oz. bot. and recipe book. Crescent Mfg. Co., Seattle.