

Over-Work Weakens Your Kidneys.

Unhealthy Kidneys Make Impure Blood.

All the blood in your body passes through your kidneys once every three minutes.



The kidneys are your blood purifiers, they filter out the waste or impurities in the blood.

If they are sick or out of order, they fail to do their work.

Pains, aches and rheumatism come from excess of uric acid in the blood, due to neglected kidney trouble.

Kidney trouble causes quick or unsteady heart beats, and makes one feel as though they had heart trouble, because the heart is over-working in pumping thick, kidney-poisoned blood through veins and arteries.

It used to be considered that only urinary troubles were to be traced to the kidneys, but now modern science proves that nearly all constitutional diseases have their beginning in kidney trouble.

If you are sick you can make no mistake by first doctoring your kidneys. The mild and the extraordinary effect of Dr. Kilmer's Swamp-Root, the great kidney remedy is soon realized. It stands the highest for its wonderful cures of the most distressing cases and is sold on its merits by all druggists in fifty-cent and one-dollar sizes.

You may have a sample bottle by mail. Home of Swamp-Root, free, also pamphlet telling you how to find out if you have kidney or bladder trouble. Mention this paper when writing Dr. Kilmer & Co., Binghamton, N. Y.

Don't make any mistake, but remember the name, Swamp-Root, Dr. Kilmer's Swamp-Root, and the address, Binghamton, N. Y., on every bottle.

DR. COE'S SANITARIUM.



BEST INVALID'S HOME IN THE WEST. Organized with a full staff of physicians and surgeons for treatment of all Chronic Diseases. THIRTY ROOMS for accommodation of patients.

Difficult Surgical Operations Performed with Skill and Success when Surgery is Necessary. DISEASES OF WOMEN Well equipped to treat diseases of women. Many who have suffered for years cured at home. Special book for women FREE.

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RUPTURE

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5% BLADE For Job Work

Chocolate Sponge Cake.

Melt four ounces of unsweetened chocolate over hot water, add a cupful of powdered sugar, a cupful of milk and stir until smooth. Beat the yolks of four eggs and a cupful of powdered sugar until very light, using a wire egg-beater, add the hot chocolate mixture and continue beating.

Flavor with vanilla, fold in the stiffly-beaten whites of eggs and last a heaping cupful of flour mixed with a level tablespoonful of baking powder. Bake in a sheet or in layers. This is particularly fine made in two layers. Spread the following icing between the cake:—

Butter the inside of a granite saucepan, add a cupful and a half of sugar and half a cupful of rich new milk. Cook to the soft-ball stage, then take from the fire, flavor with vanilla, add half a cupful of chopped pecan meats and stir till creamy. The nuts may be omitted for plain icing.

Women Who Primp.

Miss Grace Margaret Gould, the fashion expert, tells the following story, which she says conveys an admirable moral:—

"The revivalist, 'Sam' Jones, was once taking women to task for spending more time primping than in praying. 'If there's a woman here,' he screamed, finally, 'who prays more than she prims, let her stand up.'"

"One poor, old, faded specimen of femininity, in the sorriest, shabbiest of clothes, rose.

"'You spend more time praying than primping?' asked the preacher, taking her all in.

"The poor creature said she did—prayed all the time, primped not at all.

"'You go straight home,' said Jones, 'and put a little time on primping.'—Woman's Home Companion.

"Upon my word," said the surprised barber, "I see this razor has lost its temper."

"I don't blame it," growled the man in the chair. "With all your talking I lost mine long ago."—Chicago News.

Substitutions of Leather.

Leather is becoming more and more of a puzzle to retailers. Substitutions of leather is now so deftly practiced that undoubtedly many a buyer is completely fooled. The tricks of the tanners are innumerable, and as these are masked behind the practices of the shoe manufacturer, the shoe retailer has a tough proposition to ascertain whether or not he is getting real or imitation goods.

Cowhides and sheepskins are among the cheapest of hides and skins in the market, but by a few clever manipulations tanners make them valuable. A cowhide is tanned. Then it is put through the splitting machine, which machine is so delicately adjusted that it will shave off leather as fine as tissue paper.

For the tanner's practical purpose it splits leather into any weight desired; a fine kid for a woman's shoe, a heavier calf for boys' and men's shoes, or even heavier stock for workmen's shoes. The light weight split is given a vicid kid finish, the medium a velore calf, while the heaviest weight may be grained. Other splits may be chrome tanned and given a patent finish, and may be sold as patent colt. A sheep leather, especially cabretta stock, is made into imitation of kid, and large quantities of it are sold as such. Sheep leather is even given a patent finish and sold as colt and kid.—Shoe Retailer.

On the apex of the Prince of Wales crown, which he wears on special occasions, is a curious feather, or rather, a tuft of periwak feathers, the top of which is adorned with a gold thread. This feather is said to be worth \$50,000, and has the distinction of being the only one of its kind in the world. It took twenty years to produce it, and caused the death of more than a dozen hunters. The reason the pursuit of the periwak is so dangerous is because it inhabits the jungles and other haunts of tigers.

Far Eastern punctuality was illustrated the other day by the Viceroy of Wuchang, China, who had an appointment to review 5,000 school children at 8 a. m., and appeared smiling on the review ground at 3 p. m. The children had waited for him six hours.

Love in a cottage is all right, but don't ask love to sit in a cozy corner you want him to stay.

WATCHES FOR BOYS AND GIRLS FREE.

For Getting Subscriptions for The Kansas City Journal.

Offer to Boys.

Any boy who will secure ten new subscriptions for The Kansas City Weekly Journal at 25 cents per year each, making a total of \$2.50, and will send the full amount to us together with the names and addresses, we will mail to his address postage prepaid a beautiful watch named "The Pride." Description as follows:—

The Pride is a model 16 size, stem set, stem wind, lever escapement watch with nickel finished movement. The case is finished in nickel, engine turned with shield design in center, and is fully guaranteed for one year under ordinary usage.

Offer to Girls.

Any girl who will secure ten new subscriptions for The Kansas City Weekly Journal at 25 cents each making a total of \$2.50, and will send us the full amount together with the names and addresses, we will mail to her address, postage prepaid, a beautiful watch called the "Lady Juliet." Description as follows:—

The "Lady Juliet" is a 6 size open-faced stem wind, stem set watch. It has a snap back bezel, plain polished case with milled edge. The case is finished in gold, and the movement is gold finished and is fully guaranteed for one year under ordinary usage.

The Pride is a beautiful nickel plated watch and will keep good time. It will make the boys heart swell with pride when he receives it, and he will be proud to carry it as a timepiece.

The Lady Juliet is a beautiful gold finished watch and the girl who will receive it will pronounce it a beauty and she will be proud to carry it.

Boys and girls here is your chance to secure some beautiful presents by doing a little work in getting subscriptions. Do not loose any time, but get out and secure a list before it is too late.

Write names and addresses plainly and send money by money order or draft, and address all communications to the Kansas City Journal, Kansas City, Mo.

Please take note that names must be sent in all in one list and money must be sent with them or we cannot send you the premium.

THE KANSAS CITY JOURNAL, Kansas City, Mo.

Unusually Low Rates West and Northwest via Burlington Route.

COLORADO. Round trip tickets to Denver, Colorado Springs and Pueblo. Starting any day, June 1 to September 30, returning before November 1, 1905, approximately half fare.

Very low rates for side trips west of Denver during the season, and many stop-overs allowed.

Rates to Utah and return proportionately low.

PACIFIC NORTHWEST. Round trip.—Starting any day, May 23 to September 30, to Portland, Seattle, Tacoma and Vancouver, via Billings or Denver and scenic Rockies, and returning either of these routes, \$47.00; going or returning via St. Paul, \$49.00; going or returning via California on certain dates each month, \$52.00; return limit 90 days. Numerous low-rate side trips, including many by steamer. Lewis and Clark Expedition at Portland open from June 1 to October 15.

CALIFORNIA. Round trip.—Start on certain dates each month, May to September, inclusive, with 90 days return limit, including railroad transportation and all necessary stage fares and hotel accommodations in the Park for approximately 6 days.

Going and returning via Gardiner, or going and returning via Montana, \$51.50. Going via Gardiner, returning via Montana and scenic Colorado, or the reverse, \$52.00.

CODY, IN THE BIG HORN BASIN. Round trips.—Starting any day, June 1 to September 30, returning any time before November 1, 1905, about half fare.

BLACK HILLS OF SOUTH DAKOTA. Round trips to Deadwood, Hot Springs, Lead and Custer, S. D., and Sheridan, Wyo., starting any day, June 1 to September 30, inclusive, return limit October 31, about half fare. Low rates for side trips.

OTHER POINTS WEST AND NORTHWEST can be reached at reduced cost.

For full information concerning the Burlington's special summer service, and the reduced rates and service on western roads, call, telephone or write. Descriptive literature free. F. F. PRATT, Agent.

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Burlington Route		TIME TABLE.	
		A—Daily except Sunday.	
All trains daily except as otherwise noted.			
TRAIN NO.	LACLEDE TRAIN SERVICE.	ARRIVE	DEPART
55	For Kansas City, St. Joseph, Kansas and West, from Chicago and Quincy	4:15 a m	
16	To Hannibal, St. Louis and East from West.	12:35 a m	
A. 1	Local passenger for Kansas City from Brookfield	6:10 a m	
41	Local passenger to Missouri River and west from the east.	11:55 a m	
5	"The Burlington Northern-Pacific Express" for Kansas City, North west Nebraska, Black Hills, Wyoming, Montana, Washington, Puget Sound, Portland from St. Louis.	3:50 p m	
5	Nebraska-Colorado Express to St. Joseph and the West from the East.	8:40 p m	
83	Way freight to Chillicothe	6:55 p m	
8	Local passenger to Hannibal, St. Louis, Illinois, Chicago, Peoria and St. L. K. & N. W. points.	11:30 a m	
14	To Hannibal, St. Louis and east from the west.	12:20 p m	
A. 6	Local passenger to Brookfield from Kansas City.	9:15 a m	
56	To Quincy, Chicago, Peoria, and east, St. Louis, K. & N. W. points.	10:00 p m	
A. 92	Way freight, east bound	4:40 p m	
C B & K C ROAD.			
A. 7	Local passenger for Carrollton	3:20 p m	3:50 p m
A. 19	Way freight from Moulton	5:00 p m	
A. 9	Way freight, south bound		8:20 a m
A. 8	Local passenger north bound	11:25 a m	11:55 a m
A. 10	Way freight north bound	5:30 p m	
20	Way freight north bound (Monday, Wednesday, Friday and Saturday)		7:45 a m
24	Fast freight north bound (Tuesday and Sunday only)		5:45 a m
26	Fast freight north bound (Thursday only)		6:45 a m

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BOOK for both sexes—25 pages, 27 pictures, with full description of above diseases, the effects and cure, sent sealed in plain wrapper—free. Send this book for the information it contains. FREE MUSEUM OF ANATOMY.

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