CATARRH

Hawking and Spitting, Dropping into the Throat, Foul Breath,

CURED

THROUGH THE BLOOD

By Botanic Blood Balm (B. B. B.)

TO PROVE IT, SAMPLE SENT FREE.

Botanic Blood Balm (B. B. B.) has cured to stay cured more cases of Catarrh than all others remedies combined. B.B.B. kills or destroys the awful catarrhal poison in the blood which causes the symptoms, and thus makes a perfect lasting cure of the worst old cases

SYMPTOMS.

The poison in the blood produces bad, offensive, fetid breath, bad teeth, and sickness of the stomach; in some cases vomiting up clear phlegm; enlargement of the soft bones of the nose, affecting sense of smell, ulcerations of the mucous membranes, hawking, spitting up lumps, weak stomach, nose bleeding, headaches, snoring while asleep, stopping up of the nose; thin, hot blood, all run down, specks flying before the eyes, low spirited, etc. Botanic Blood Balm (B. B. B.) forces its way through every blood vessel and vein, expelling all catarrhal poison that stands in its way, permanently removes every symptom and thus makes a perfect cure. B. B. B. sends a flood of rich, pure blood direct to the affected parts, giving warmth and strength just where it is needed.

Deafness, Ringing in the Ears, Head Noises.

Nearly all cases of Deafness are caused by Catarrhal Poison in the blood. The air passages become clogged by catarrhal deposits stopping the action of the vibratory bones. Thousands of sufferers from even total deafness have had their hearing permanently restored by taking B. B. B. for catarrh. B. B. B. gradually removes the catarrhal deposit from the air passages, thus making the nerves of the ear respond to the symptoms of approaching deafness and catarrh. B.B.B. never fails to remove ringing in the ears or head noises in a few week's time. If deaf or hard of hearing try Botanic Blood Balm B. B. B. It may be the very remedy your system needs.

OUR GUARANTEE.—Take a large bottle of Botanic Blood Balm (B.B.B.) as directed on label, and when the right quantity is taken a cure is certain, sure and lasting. If not cured your money will promptly be refunded without argument.

Botanic Blood Balm (B.B.B.) is Pleasant and safe to take. Thoroughly tested for 30 years. Composed of Pure Botanic Ingredients. Strengthens Weak Kidneys and Stomachs, cures Dyspepsia. Sold by all Druggists, $1. Per Large Bottle, with complete direction for home cure. Sample Sent Free by writing Blood Balm Co., Atlanta, Ga. Describe your trouble, and special free medical advice to suit your case, will be sent in sealed letter.

True to His Friends.

An answer to an advertisement for a school assistant "capable of teaching the classics as far as Homer and Virgil" makes one of the best stories in the Dean of Bristol's recent book, "Odds and Ends."

"Sir," the answer ran, "with reference to the advertisement in the Times respecting a school assistant, I beg to state that I should be happy to fill that situation, but as most of my friends reside in London, and not knowing how far Homer and Virgil is from town, I beg to state that I should not like to engage to teach the classics farther than Hammersmith or Furnham Green, or at the very utmost distance, farther than Brentford."

WILD WITH ECZEMA

And Other Itching, Burning, Scaly Eruptions, with Loss of Hair—Speedily Cured by Cuticura.

Bathe the affected parts with hot water and Cuticura Soap, to cleanse the surface of crusts and scales and soften the thickened cuticle; dry, without hard rubbing, and apply Cuticura Ointment freely, to allay itching, irritation and inflammation, and soothe and heal; and, lastly, take Cuticura Resolvent Pills to cool and cleanse the blood. A single set, costing but $1.00, is often sufficient to cure the most torturing, disfiguring skin, scalp and blood humors, with loss of hair, when all else fails.

Harris—"Was that your sister I saw with you yesterday afternoon?" Barlow—"She wasn't when you saw us. It was later in the evening when she became my sister."—Boston Transcript.

Malaria.

Have you a slow and intermittent fever, chills creeping up the spinal column, especially in the middle of the day; aching back and limbs; cold hands and feet; flushed face with burning sensation? These are malaria symptoms. Do not delay, but begin a course of treatment to head off the disease. Pure blood will withstand the attack of poison better than impure blood; and as pure blood is the result of a healthy condition of the stomach, you should get the stomach in order first. Dr. Caldwell's Syrup Pepsin is a perfect stomach remedy, a gentle laxative and strengthens all of the organs of assimilation. Sold by druggists and dealers in medicines.

"Why," exclaimed the surprised suitor, "what is the sofa doing in the vestibule?" The pretty girl blushed. "Papa said we remained so long in the vestibule saying good-night that it would be much better to make love here and say 'good-night' in the parlor."—Philadelphia Record.

K. C. S. Almanac for 1904.

The Kansas City Southern Railway Company's Annual Almanac is now ready for distribution. It contains the usual monthly calendars, many useful household hints and information concerning the Country in Missouri, Arkansas, The Indian Territory, Texas and Louisiana. Write for a copy to, S. G. Warner, Gen. Pass. & Tkt. Agt. K. C. S. Ry., Kansas City, Mo.

The cynic is a man who sees his own heart and calls it the world.—Chicago Tribune.

Shake Into Your Shoes

Allen's Foot-Ease. It cures painful, swollen smarting, sweating feet. Makes new shoes easy. Sold by all Druggists and Shoe Stores. Don't accept any substitute. Sample FREE. Address A. S. Olmsted, Le Roy, N. Y.

The Patagonians object to being photographed. A glance at the picture of one explains why they should entertain these objections.—St. Louis Republic.

You can do your dyeing in half an hour with Putnam Fadeless Dyes.

Most people would rather be wrong than silent.—Puck.

WOMEN'S WOES.

Much of women's daily woe is due to kidney trouble. Sick kidneys cause backache, languor, blind headaches, dizziness, insomnia and urinary troubles. To cure yourself you must cure the kidneys. Profit by the experience of others who have been cured.

Mrs. William W. Brown, professional nurse, of 16 Jane St., Paterson, N. J., says: "I have not only seen much suffering and many deaths from kidney trouble, but I have suffered myself. At one time I thought I could not live. My back ached, there were frequent headaches and dizzy spells, and the kidney secretions were disordered. Doan's Kidney Pills helped me from the first, and soon relieved me entirely of all the distressing and painful symptoms."

A FREE TRIAL of this great kidney medicine which cured Mrs. Brown will be mailed on application to any part of the United States. Address Foster-Milburn Co., Buffalo, N. Y. For sale by all druggists; price 50 cents per box.

ONE DOLLAR WHEAT.

Western Canada's Wheat Fields Produce It—Magnificent Yields—Free Grants of Land to Settlers.

The returns of the Interior Department show that the movement of American farmers northward to Canada is each month affecting larger areas of the United States. Time was, says the Winnipeg Free Press, when the Dakotas, Minnesota and Iowa furnished the Dominion with the main bulk of its American contingent. Last year, however, forty-four states and districts were represented in the official statement as to the former residence of Americans who had homesteads in Canada. The Dakotas still head the list, with 4,096 entries, Minnesota being a close second with 3,887, but with the exception of Alabama and Mississippi and Delaware every state in the Union supplied settlers who, in order to secure farms in the fertile prairie country of Canada, became citizens of, and took the oath of allegiance to, the Dominion. Last year no less than 11,811 Americans entered for homestead lands in Canada.

From the Gulf to the Boundary, and from ocean to ocean, the trek to the Dominion goes on. Not only the wheatgrowers of the central Mississippi valley, but the ranchers of Texas and New Mexico, and the cultivators of the comparatively virgin soil of Oklahoma, are pouring towards the productive vacant lands of the Canadian North-West. It is no tentative, half-hearted departure for an alien country that is manifested in this exodus; it has become almost a rush to secure possession of land which it is feared, by those imperfectly acquainted with the vast area of Canada's vacant lands, may all be acquired before they arrive. There is no element of speculation or experiment in the migration. The settlers have full information respecting the soil, wealth, the farming methods, the laws, taxation and system of government of the country to which they are moving, and they realize that the opportunities offered in Canada are in every respect better and greater than those they have enjoyed in the land they are leaving.

Canada can well afford to welcome cordially every American farmer coming to the Dominion. There is no question but that these immigrants make the most desirable settlers obtainable for the development of the prairie portion of the Dominion. Full information can be had from any authorized Canadian Government Agent whose address will be found elsewhere.

Common Sense a Worry Cure.

I once asked a physician what cure he could suggest for the worrying habit. "I would prescribe common sense," he said, "and if a man or woman hasn't got a stock on hand and can not cultivate one the medical man is powerless." This worrying nonsense grows. The best means to cure it lies in the hands of the woman herself.

If she will just call a little horse sense to her aid, resolve not to borrow trouble, to be cheerful and always think upon the right side of things, she will live longer and be able to retain her beauty. Every woman has the strongest desire to keep her good looks. Why then does she take the course which is sure to make her yellow skinned, dull eyed and thoroughly unlovely?

The English woman is greatly admired for her utter refusal to worry or to be worried. Consequently she looks young at 50. Undertaking no more than she can comfortably carry out, and firmly believing in the coming of another day, she does not procrastinate, but simply will not let the domestic machinery grind her down to ill health and an early old age.

She is a frequent bather and regards health as the prime factor of life, to be looked after before everything else. She sleeps nine hours and also takes a nap during the day, arranging her work in the most systematic manner.

Her little memorandum slip always shows two vacant hours—they are for rest. She eats heartily, but of the most digestible food, and would rather have a mouthful of good food and go partly hungry than eat a whole meal of cheaper things.—Philadelphia Inquirer.

Can a Good Man Smoke?

Since the publication of Dr. Lavendar's People (Harpers), Mrs. Margaret Deland is in constant receipt of letters whose writers regard Dr. Lavendar as a living reality. The other day one of the author's unknown correspondents berated her with vigor for having ever allowed Dr. Lavendar to smoke or occasionally take a drink. The writer blames Mrs. Deland altogether for this weakness of Dr. Lavendar's and declares that she is sure the minister would never have done anything of the kind had not Mrs. Deland "made him do it several times, and I feel sure," continues the writer, addressing Mrs. Deland, "he would resent it if he could, without hurting your feelings." There could scarcely be a stronger testimonial to the living reality of a fictitious character, nor a more curious view of the relation between that character and his creator.

Urbanity and Suburbanity.

tinguished from the villager by his better manners? There was a time when urbanity was a natural product of urban life. That time, he thinks, has passed. Nowadays, when man meets man in the city, it is in conflict, not fellowship. "We read sometimes of 'the social arena,' and when civilization has come to that it is vain to expect any politeness of a higher type than the etiquette of the gladiator." But from such strain upon the tender virtues the life of the countryman is exempt. "If a certain restfulness is an essential of good manners, if it is repose that stamps the cast of Vere de Vere, shall we turn to the city or to the village for this serenity of the true aristocracy? Urbanity being what it has become, the great problem of the future will be, not so much for lexicographers as for socialists, what is suburbanity going to mean?"—Herbert W. Horwill, in Harper's Weekly.

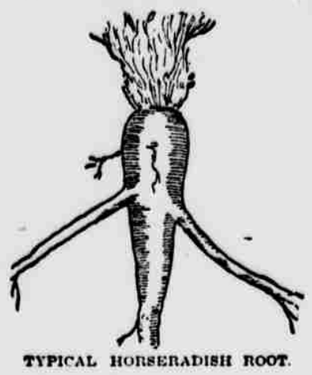
The "shamelessness of Grand Rapids" doesn't make such a great stir in the world, but it seems to be as utter as that of larger places.—St. Louis Globe-Democrat.

FARM AND GARDEN

CULTURE OF HORSERADISH.

How to Obtain the Best Results with a Crop That Always Is a Ready Seller.

Horseradish is grown from sets or cuttings planted in the spring in rows two and a half to three feet apart. The gardeners here usually plant between rows of early beets and cabbage. I should prefer planting by itself if possible, as better care can be given earlier in the season. The soil should be just what you would select for good parsnips or carrots; a deep mellow soil fairly well enriched with good stable manure plowed in. The sets are the side roots of the plant, usually from the size of a lead pencil up to nearly as large again. These are cut in lengths of about five to six inches, and



TYPICAL HORSERADISH ROOT.

as the root is of nearly if not quite uniform size the smaller or lower end is sharpened by a slanting cut. This end is put down in planting. A small iron bar is generally used making the hole, about one and a half inches deeper than the cuttings, the crown of which should be one and a half to two inches below the surface. Cultivate and hoe often as soon as the rows can be seen through. A good fertilizer of eight to ten per cent. of potash, seven to eight available phosphoric acid and four per cent. of ammonia scattered along the rows and hoed in at second hoeing will greatly improve the crop. The roots are dug the first season late in the fall, and pitted for winter and early spring sales. The side roots should be removed and cut in lengths of five to six inches for planting; this can be done in the fall before the roots are buried for winter. The cuttings can be tied in bunches and buried until spring, as frost does not injure them; they may be planted as early in spring as the ground can be worked. The roots are generally washed. The cut shows a small root taken from the ground this spring, to show how the side roots appear. These side roots are often one to one and a half foot in length, and I think sometimes more. If the main roots are well grown and trimmed they appear something like a barrel of small parsnips in market.—E. E. Burwell, in Rural New Yorker.

COMFORT FOR THE FAMILY.

Every Farmer Should Have a Garden in Which to Raise Vegetables and Fruits.

It has been asserted that the farmer is the most backward fellow in the world, so far as looking after his own comfort is concerned, and that may be stretched to include the comfort of his family. There is no question that the farmer and his family should be the best fed people in the world, but are they? Some are and some are not. Some have gardens, orchards, flocks of poultry and everything that can add to the comfort of the farm home. Most do not. Yet at the back door of every farmhouse is a nice piece of land that, with a little care, would yield many kinds of comfort to his family through every month of the year. The farmer that does not care to go into fruit raising unless he can make it a commercial operation is losing sight of one of the chief joys of raising fruit—that of having an abundant supply for his own table. What a pleasure it is to see the children and the women of the household reveling in their ripe fruit, both at picking time and at eating time!

But the things that would make a commercial orchard and a commercial berry patch unprofitable will not militate with the establishing of such for the supply of the family. Often the commercial fruit enterprise is a question of markets, but with the home orchard there is no question of a market. The fruit patch, whether it includes vines or trees or both, is a source of health to the whole family, and a delight to the younger members of the family that they will remember in their latest days.—Farmers' Review.

Evergreens as Windbreaks.

There is no other wind-break equal to an evergreen. Everyone will admit that, but the number of evergreens planted in shelter belts is exceedingly small. The popular idea that an evergreen is a very hard tree to make live is an erroneous idea, as a number of our stock farmers who have tried it, and know what they are talking about, will testify. The horses, the cows, the hogs, the sheep, and even the chickens, cry out for a wind-break, and there is none other so good as a belt of evergreens.—Woman's Farm Journal.

Maryland Adopts State Aid.

Maryland has just joined the list of states working under the state aid plan. The legislature has appropriated $200,000 to aid the counties of the state in improving their roads. The distribution among the counties is to be made on the basis of road mileage. Maryland is also the first state to observe a "Good Roads day." The day selected was April 15. Director Dodge, of the office of public road inquiries, was the orator of the day at the celebration given by the state agricultural college.

TREAT DAIRY HELP FAIRLY.

Employers Willing to Do the Square Thing Can Always Get Reliable Assistants.

In an address to Missouri dairymen, Robert Pethbridge said: Successful dairying cannot be carried on where labor is short, or where the hired help is lacking. In my travels I find this to be a great complaint among dairymen that they cannot get help, but I am sure it is mostly their own fault, for I can name many successful dairymen who have no difficulty in that line, because their help is treated in a proper and business-like manner, such as fair wages, regular hours and liberal treatment. He must compare the dairy help with the city laborer in wages; they will vary in different parts of the country in hours of labor; the city man has his ten hours daily and pay for overtime, whereas the country man as a rule works longer hours and no pay for overtime. This is one of the great objections of the man working on the farm, for I have known by experience that many a day I have been at work 14 hours in the field with a team and previous to that did the milking and feeding of ten cows and four horses, and then at night have to do the same thing again, when I ought to have been studying or taking some recreation to improve my mind and body, to render it better fit for the duties of the morrow. Liberal treatment will do more to bring employer and employed together, than wages. The giving of a cottage with a garden patch and allowing them to keep a cow for the use of the children in addition to the weekly wage gives the country employer the advantage over the city and more work can be accomplished and your man can be relied on, which is very important. In the hiring of labor, there are many good dairy hands coming from England, Ireland, Germany and Scandinavian countries, who are glad to get a job when they arrive in New York, and they naturally seek an employment agency, and those who wish to hire this class can make application, and they will not be disappointed if they are willing to do the fair thing.

THE CARE OF FARM MILK.

Some Valuable Suggestions That Are Worth Carrying Out During the Coming Summer.

Are the patrons of butter and cheese factories prepared to cool their milk during the coming summer? Don't expect that running it over some aerator, where the only cooling it gets is from the air, will do much good. In cool weather it will. In warm weather such treatment will do more harm than good. Exposing warm milk to large tin surfaces is a fruitful medium for contamination with germ life. In other words I am sure that air contact alone is of no value, and may be positively harmful. Where a sudden lowering of the temperature takes place when exposed to the air results may be eminently satisfactory, even though germs may be present, the low temperature retarding their development. If the aerator is kept scrupulously clean—and, by the way, it is one of the utensils that gets the least care—and the operation is performed in a pure, clean atmosphere, I have no protest to make; but, as ordinarily done, in close proximity to a stable, near the corner of a barn where there is an air current carrying germ laden dust, there is danger of contamination, and a protest is necessary.

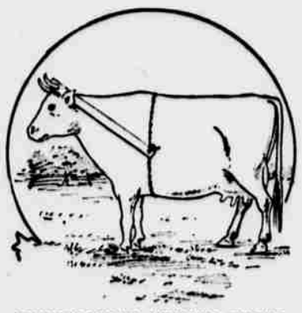
There is one safe, sure way to care for nigh's milk where hauling is done once a day. Use 40-quart cans, standing them in ice water immediately after the milk is drawn, occasionally stirring until the milk is cooled to 60 degrees. I will guarantee, if sufficient care is exercised in milking and in strainers, and if pails are clean, that this milk will make good butter or cheese.

This old notion that milk had an animal odor or cowy flavor has been buried since farmers have come to practice cleanliness in milking and to keep the cow manure out of the milk pail.—H. E. Cook, in N. Y. Tribune-Farmer.

DEVICE THAT NEVER FAILS.

Sure to Cure Any Cow Addicted to the Pernicious Habit of Drinking Her Own Milk.

A light and handy device to keep a cow from sucking herself is made by fastening a rope around her body just behind the forelegs and then taking a



DEVICE THAT ALWAYS CURES.

board 2½ inches wide and long enough to reach from the cow's horn to the rope; make a curve in one end to fit the horn; bore a hole in each end of board; place the curved end against the cow's horn and fasten tight against the head with a string; then tie the other end to the rope as shown in diagram.—A. N. Horn in Epitomist.

Fraud in Dairy Business.

Through the newspapers, and in private letters from breeders, come continual reports of criminal negligence, adulteration and substitution in the dairy business. In Seattle, Wash., a whole dairy establishment was recently arrested and charged with manslaughter, the specific case being the poisoning of a little girl who had drunk milk alleged to contain formaldehyde, and died presumably from the effects of this preservative. Poisonous preservatives, butter color, and other substances to "make dairying easy" and make frauds possible, will surely meet the condemnation of public opinion throughout the universe.—Rural World.

THE STRUGGLING FOREIGNER

How He Gets Things Twisted When He First Comes to This Country.

Boys and girls who are born in this country and imbibe a knowledge of its institutions and its geography with their every-day conversation have difficulty in passing examinations on them in school. It is little wonder, then, that the immigrants described in the New York Tribune have trouble with their examinations when they apply for naturalization papers.

"How is the president elected?" one of them was asked recently.

The applicant squirmed as if his memory was about to collapse. Then a gleam of intelligence came into his eyes and he said:

"By a big-a machority."

A native of Denmark, big-boned and flaxen-haired, was asked how many states there are in the union.

"New York, New Chicago, New Boston, New Jersey and a lot more," he replied.

On further questioning it was found that he had gathered that the name of the state was that of the town with "New" prefixed.

Might Have Been Worse.

"John!" whispered Mrs. Swackhammer, hoarsely. "John, wake up! In the basement—hear them—they're—they're working in the basement——"

"Wh-wh-what!" gasped Swack. He dived under the pillow and clutched his pocketbook. "What is it?"

"B-b-burglars!" chattered poor Mrs. Swackhammer. "Don't you hear them——"

"Aw, rats!" said Swack as he lay down and prepared for sleep again. "You scared me nearly to death. I thought it was plumbers."—San Francisco Bulletin.

Very Airish.

"I would like to see some of the latest airs," said the customer in the music department.

"Then just step over to the dudish floorwalker," responded the saleslady. "He is just full of them."—Chicago Daily News.

A Particular Lady.

Mrs. Nuritch—I think I'll take this watch. You're sure it's made of refined gold.

Jeweler—Certainly.

"Because I do detest anything that ain't refined."—Philadelphia Public Ledger.

A Boy's Story.

Cross Roads, Warren Co., Tenn., May 2nd.—Orbra Young, the eleven-year-old son of Mr. Lester Young, of this place, has never been a strong boy for almost from his birth. He has suffered more or less with a distressing Kidney Complaint. Recently, however, he has appeared to be growing stronger and better till, indeed, today he is a splendid looking hearty lad. He is a bright and very intelligent boy and speaks of his former illness in this way:

"I have been bothered with Kidney Trouble nearly all my life. I was gradually growing worse and at last it got so bad that I had to get up three or four times every night. I commenced to use a medicine called Dodd's Kidney Pills and in a short time I was better. Now I can sleep all night without getting up and I feel well all the time. Dodd's Kidney Pills are a good remedy, and I can't help but speak a good word for them."

Not the Real Thing.

Singsong—Does Graspit go by the golden rule?

Bilbang—Well, not exactly.

"How's that?"

"The rule he uses is only plated."—Cincinnati Enquirer.

Piso's Cure for Consumption is an infallible medicine for coughs and colds.—N. W. Samuel, Ocean Grove, N. J., Feb. 17, 1900.

Just as you are pleased at finding faults, you are displeased at finding perfections.—Lavater.

THE MARKETS.

New York, May 2.			
CATTLE—Native Steers	$4 50	@	$5 35
COTTON—Middling	....	@	10⅝
FLOUR—Winter Wheat	4 25	@	5 50
WHEAT—No. 2 Red	1 04	@	1 08
CORN—No. 2	52½	@	61
OATS—No. 2	45	@	46
PORK—Mess (new)	13 75	@	14 25
LARD—Western Steam	....	@	7 50
ST. LOUIS.			
COTTON—Middling	....	@	14
BEEVES—Steers	4 00	@	5 75
Cows and Heifers	2 50	@	4 35
CALVES—per lb (lbs)	4 25	@	5 75
HOGS—Fair to Choice	4 60	@	5 00
SHEEP—Fair to Choice	4 25	@	5 50
FLOUR—Patents	4 85	@	5 00
Other Grades	[illegible]	@	4 80
WHEAT—No. 2 Red	[illegible]	@	1 06
CORN—No. 2 Mixed	49	@	49½
RYE—No. 2	....	@	68
OATS—No. 2	42½	@	43
WOOL—Tub Washed	26	@	31
Other Grades	12	@	21½
HAY—Clear Timothy	11 00	@	14 00
BUTTER—Choice Dairy	14	@	18
BACON—Breakfast	9½	@	10½
EGGS—Fresh	15½	@	16½
LARD—Choice Steam	....	@	6⅝
PORK—Standard Mess (new)	....	@	12 10
CHICAGO.			
CATTLE—Native Steers	4 75	@	5 60
HOGS—Fair to Choice	4 50	@	5 00
SHEEP—Fair to Choice	4 25	@	5 65
FLOUR—Winter Patents	4 70	@	4 80
Spring Patents	4 20	@	4 60
WHEAT—No. 2 Spring	85	@	91
No. 2 Red	1 00	@	1 02
CORN—No. 2	48½	@	48⅝
OATS—No. 2	40½	@	41
PORK—Mess	11 70	@	11 75
LARD	6 57½	@	6 62½
KANSAS CITY.			
CATTLE—Native Steers	4 50	@	5 25
HOGS—Fair to Choice	4 25	@	4 92½
WHEAT—No. 2 Red	1 00	@	1 02
CORN—No. 2	48½	@	49
OATS—No. 2 White	40	@	41
NEW ORLEANS.			
FLOUR—High Grade	5 25	@	5 65
CORN—No. 2	....	@	50
OATS—No. 2	....	@	48
HAY—Choice	16 00	@	17 00
PORK—Standard Mess	....	@	14 00
BACON—Short Rib Sides	....	@	8
COTTON—Middling	....	@	14
INDIANAPOLIS.			
WHEAT—No. 2 Red	....	@	1 02½
CORN—No. 2 Mixed	....	@	48½
OATS—No. 2 Mixed	....	@	40½

SOAKED IN COFFEE

Until Too Stiff to Bend Over.

"When I drank coffee I often had sick headaches, nervousness and biliousness much of the time but about 2 years ago I went to visit a friend and got in the habit of drinking Postum.

"I have never touched coffee since and the result has been that I have been entirely cured of all my stomach and nervous trouble.

"My mother was just the same way, we all drink Postum now and have never had any coffee in the house for 2 years and we are all well.

"A neighbor of mine, a great coffee drinker, was troubled with pains in her side for years and was an invalid. She was not able to do her work and could not even mend clothes or do anything at all where she would have to bend forward. If she tried to do a little hard work she would get such pains that she would have to lie down for the rest of the day.

"I persuaded her at last to stop drinking coffee and try Postum Food Coffee and she did so and she has used Postum ever since; the result has been that she can now do her work, can sit for a whole day and mend and can sew on the machine and she never feels the least bit of pain in her side in fact she has got well and it shows coffee was the cause of the whole trouble.

"I could also tell you about several other neighbors who have been cured by quitting coffee and using Postum in its place." Name given by Postum Co., Battle Creek, Mich.

Look in each pkg. for the famous little book, "The Road to Wellville."

"PE-RU-NA, A VALUABLE PREPARATION," WRITES DR. KEMBALL.

Most of the Ailments Peculiar to the Female Sex are Due to Catarrh of the Pelvic Organs.

Rachael J. Kemball, M. D., 334 Virginia St., Buffalo, N. Y., is a graduate of the University of Buffalo, class 1884, and has been in the practice of medicine in that city since then. She writes as follows:

"My conviction, supported by experience, is that Peruna is a valuable preparation for all catarrhal affections. I have taken one bottle of Peruna myself and just feel fine. I shall continue to take it."—Rachael J. Kemball, M. D.

Peruna has cured thousands of cases of female weakness. As a rule, however, before Peruna is resorted to several other remedies have been tried in vain. A great many of the patients have taken local treatment, submitted themselves to surgical operations, and taken all sorts of doctor's stuff, without any result.

Female Trouble Not Recognized as Catarrh.

The reason of so many failures is the fact that diseases peculiar to the female sex are not commonly recognized as being caused by catarrh. These organs are lined by mucous membranes. Any mucous membrane is subject to catarrh.

Catarrh of one organ is exactly the same as catarrh of any other organ. What will cure catarrh of the head will also cure catarrh of the pelvic organs. Peruna cures these cases simply because it cures the catarrh.

Most of the women afflicted with pelvic diseases have no idea that their trouble is due to catarrh. The majority of the people think that catarrh is a disease confined to the head alone.

This is not true. Catarrh is liable to attack any organ of the body; throat, bronchial tubes, lungs, stomach, kidneys and especially the pelvic organs.

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