NOTE.—The following article has been widely published and is one of the most remarkable illustrations of the value of careful marshalling and analysis of facts in presenting a subject to the public.

LEVELERS

The Mission of Whiskey, Tobacco and Coffee.

The Creator made all things, we believe.

If so, He must have made these.

We know what He made food and water for, and air and sunshine, but why Whiskey, Tobacco and Coffee?

They are here sure enough and each performing its work.

There must be some great plan behind it all; the thoughtful man seeks to understand something of that plan and thereby to judge these articles for their true worth.

Let us not say "bad" or "good" without taking testimony.

There are times and conditions when it certainly seems to the casual observer that these stimulant narcotics are real blessings.

Right there is the ambush that conceals a "killing" enemy.

One can slip into the habit of either whiskey, tobacco or coffee easy enough, but to "untangle" is often a fearful struggle.

It seems plain that there are circumstances when the narcotic effect of these poisons is for the moment beneficial, but the fearful argument against them is that seldom ever does one find a steady user of either whiskey, coffee or tobacco free from disease of some kind.

Certainly powerful elements in their effect on the human race.

It is a matter of daily history testified to by literally millions of people that Whiskey, Tobacco and Coffee are smiling, promising, beguiling friends on the start, but always false as hell itself in the end. Once they get firm hold enough to show their strength, they insist upon governing and drive the victim steadily towards ill health in some form; if permitted to continue to rule, they will not let up until physical and mental ruin sets in.

A man under that spell (and "under the spell" is correct) of any one of these drugs frequently assures himself and his friends: "Why, I can leave off any time I want to. I did quit for a week just to show I could." It is a sure mark of the slave when one gets to that stage. He wiggled through a week fighting every day to break the spell, was finally whipped and began his slavery all over again.

The slave (Coffee slave as well as Tobacco and Whiskey) daily reviews his condition, sees perfectly plain the steady encroachments of disease, how the nerves get weaker day by day and demand the drug that seems to smile and offer relief for a few minutes and then leave the diseased condition plainer to view than ever and growing worse. Many times the Coffee slave realizes that he is between two fires. He feels bad if he leaves off and a little worse if he drinks and allows the effect to wear off.

So it goes on from day to day. Every night the struggling victim promises himself that he will break the habit and next day when he feels a little bad (as he is quite sure to) breaks, not the habit, but his own resolution. It is nearly always a tough fight, with disaster ahead sure if the habit wins.

There have been hundreds of thousands of people driven to their graves through disease brought on by coffee drinking alone, and it is quite certain that more human misery is caused by coffee and tobacco than by whiskey, for the two first are more widely used, and more hidden and insidious in the effect on nerves, heart and other vital organs, and are thus unsuspected until much of the dangerous work is done.

Now, Reader, what is your opinion as to the real use the Creator has for these things? Take a look at the question from this point of view.

There is a law of Nature and of Nature's God that things slowly evolve from lower planes to higher, a sturdy, steady and dignified advance toward more perfect things in both the Physical and Spiritual world. The ponderous tread of evolutionary development is fixed by the Infinite and will not be quickened out of natural law by any of man's methods.

Therefore we see many illustrations showing how nature checks too rapid advance. Illinois raises phenomenal crops of corn for two or three years. If she continued to do so every year her farmers would advance in wealth far beyond those of other sections or countries. So Nature interposes a bar every three or four years and brings on a "bad year."

Here we see the leveling influence at work.

A man is prosperous in his business for a number of years and grows rich. Then Nature sets the "leveling influence" at work on him. Some of his investments lose, he becomes luxurious and lazy. Perhaps it is whiskey, tobacco, coffee, women, gambling, or some other form. The intent and purpose is to level him. Keep him from evolving too far ahead of the masses.

A nation becomes prosperous and great like ancient Rome. If no leveling influence set in she would dominate the world perhaps for all time. But Dame Nature sets her army of "levelers" at work. Luxury, over-eating and drinking, licentiousness, waste and extravagance, indulgences of all kinds, then comes the wreck. Sure, Sure, Sure.

The law of the unit is the law of the mass. Man goes through the same process. Weakness (in childhood), gradual growth of strength, energy, thrift, probity, prosperity, wealth, comfort, ease, relaxation, self-indulgence, luxury, idleness, waste, debauchery, disease, and the wreck follows. The "levelers" are in the bushes along the pathway of every successful man and woman and they bag the majority.

Only now and then can a man stand out against these "levelers" and hold his fortune, fame and health to the end.

So the Creator has use for Whiskey, Tobacco and Coffee to level down the successful ones and those who show signs of being successful, and keep them back in the race, so that the great "field" (the masses) may not be left too far behind.

And yet we must admit that same all wise Creator has placed it in the power of man to stand upright, clothed in the armor of a clean cut steady mind and say unto himself, "I decline to exchange my birthright for a mess of potage."

"I will not deaden my senses, weaken my grip on affairs and keep myself cheap, common and behind in fortune and fame by drugging with whiskey, tobacco or coffee, life is too short. It is hard enough to win the good things, without any sort of handicap, so a man is certainly a 'fool trader' when he trades strength, health, money, and the good things that come with power, for the half-asleep condition of the 'drugger' with the certainty of sickness and disease ahead."

It is a matter each individual must decide for himself. He can be a leader and semi-god if he will, or he can go along through life a drugged clown, a cheap "hewer of wood or carrier of water."

Certain it is that while the Great Father of us all does not seem to "mind" if some of his children are foolish and stupid, he seems to select others (perhaps those he intends for some special work) and allows them to be threshed and castigated most fearfully by these "levelers."

If a man tries flirting with these levelers awhile, and gets a few slaps as a hint, he had better take the hint or a good solid blow will follow.

When a man tries to live upright, clean, thrifty, sober, and undrugged, manifesting as near as he knows what the Creator intends he should, happiness, health and peace seem to come to him. Does it pay?

This article was written to set people thinking, to rouse the "God within" for every highly organized man and woman has times when they feel a something calling from within for them to press to the front and "be about the Father's business," don't mistake it; the spark of the Infinite is there and it pays in every way, health, happiness, peace, and even worldly prosperity, to break off the habits and strip clean for the work cut out for us.

It has been the business of the writer to provide a practical and easy way for people to break away from the coffee habit and be assured of a return to health and all of the good things that brings, provided the abuse has not gone too far, and even then the cases where the body has been rebuilt on a basis of strength and health run into the thousands.

It is an easy and comfortable step to stop coffee instantly by having well-made Postum Food Coffee served rich and hot with good cream, for the color and flavor is there, but none of the caffeine or other nerve-destroying elements of ordinary coffee.

On the contrary the most powerful rebuilding elements furnished by Nature are in Postum and they quickly set about repairing the damage. Seldom is it more than 2 days after the change is made before the old stomach or bowel troubles or complaints of kidneys, heart, head or nerves show unmistakable evidence of getting better and ten days time changes things wonderfully.

Literally millions of brain-working Americans today use Postum, having found the value and common sense in the change.

C. W. POST.

A FARMER'S TAME GROUSE

Wild Bird Becomes So Accustomed to Man It Follows Him on the Road.

In August, 1902, while he was picking blackberries, Mr. Rand, a Vermont farmer, discovered a flock of seven young grouse about half-grown. The first of the next October, while Mr. Rand was picking apples, he was surprised to see a ruffed grouse walk out of the bushes and come under the tree where he was at work. Bird-Lore tells the story:

"The bird did not appear afraid, but much interested in what the farmer was doing. It walked round him and observed him from all sides, and finally hopped on the wall, as if to superintend the apple gathering. The bird stayed with the farmer at least two hours, and when he went away he left it under the tree.

"In the following spring, while he was working in the field, Mr. Rand noticed a grouse following his farm wagon. The bird was undoubtedly his old friend, seeking to renew the acquaintance of the preceding fall. The grouse followed the wagon perhaps 50 rods, until she came in sight of the farm buildings. There she stopped and waited for the wagon to come back again, and then accompanied the team down to the field. The grouse repeated this performance for several weeks. In fact, almost every time the farm wagon made its appearance in the field the bird was on hand to escort the team back and forth.

"As the grouse continued to grow less shy, Mr. Rand conceived the idea of making her tamer by offering her food and talking to her. The bird seldom ate any of the food offered her. Only once did she deign to take a few kernels of corn into her mouth. By much coaxing, Mr. Rand finally succeeded in touching the bird. After that the grouse showed very little fear. When Mr. Rand called 'Chickee! chickee!' the bird would come out of the woods and sit upon his knee. From his knee she would fly to his shoulder, and then to the ground.

"The woods which the grouse frequents are composed of a marginal growth of willow, alder, ash and maple, not more than ten rods wide, along a small stream. On the other side is a cultivated field. A much-traveled highway passes within ten rods. The bird is frequently seen by travelers. In fact, on one occasion she was picked up by two ladies passing in a carriage, and was taken to a neighboring farmhouse. This confidence in human beings may some day lead to her death. To guard against this, however, Mr. Rand has conspicuously posted her haunts, and his wishes are respected by the sportsmen."

Wrong Department.

A prominent physician tells this story at the expense of the modern craze for specialization in the medical profession. A poor woman went to a dispensary to ask for aid for her little son, who had had one of his fingers smashed. At the first room where she applied she was told by a curt attendant that the boy could not be treated there.

"Wrong place," he explained, "this is the eye and ear department."

"Vere is der thumb and finger department?" inquired the woman, simply.—Tit-Bits.

Not Too Fast.

Mrs. Weeds—I suppose the law in this state gives the widow her third.

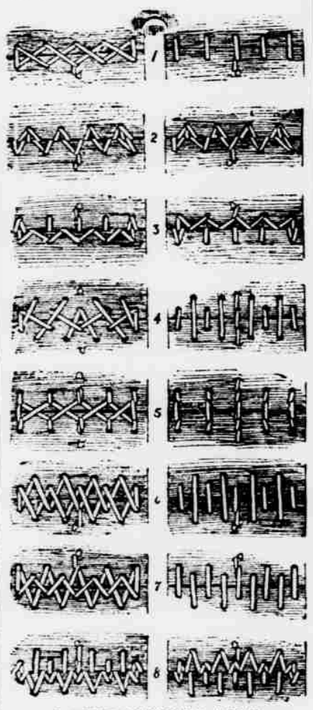
Lawyer—Oh! yes; but you've got to get rid of your second first.—Chicago Journal.

LACING A LEATHER BELT.

Every Farmer Who Owns Machinery Should Know How to Do This Work Expeditiously.

Style 1 is lacing used on leather belts where heavy load is applied and where the belt does not run under idler or turn sharp angles.

Styles 2 and 3 are a hinge stitch for light belts where the belts run under idlers or turn short curves, as in a hinge stich the belt can be doubled back and forth each way and it will not



LACING LEATHER BELT.

wear, when if sewed as in Style 1 it would wear out in a short time.

Styles 4, 5, 6 and 7 are used on heavy belts where a heavy strain is put on them and especially when belts become cold and hard to get lacing to hold. This style of lacing will hold as well as the other part of the belt will.

Style 8 is a double hinge stitch and should be used where a heavy strain is placed on the belt and in turning short curves or in running under small idlers.

The main drive belts used on separators sewed in this way will often last two seasons without relacing the belt. Where these stitches are not familiar to the operator he can easily grasp the idea by threading a needle and using the cut as a model and drawing lines on the cut with the thread. When he gets the idea it will be no trouble for him to sew a belt, always commencing in the center of the belt when sewing and ending in the center. If he has a Rogers punch, by simply pushing it through the leather it will form a half circle to push the lace through and then cut a little notch in the lace and it will catch on this half circle and cannot be pulled out. It will not be necessary to tie the lace in any way. In lacing very often the end of the lace is soft and it is hard to thread through the holes, but if you will simply wet the end of the lacing or oil it, then light a match and crisp the end of the lacing it will form a hard point which will save time and annoyance.

Every thresherman who does not understand this style of lacing should take a couple of cards and punch holes as indicated by the cut and sew the cards with a shoe string for lacing, as these make good lacings for practice and are easier than tracing with a thread.—Thresher World.

Polishing the Horns of Cows.

A Missouri cattle breeder gives the following method of polishing horns: Make the horns smooth and even with a coarse file or rasp, and then take a fine sandstone and water and rub the file marks out; then take a fine whetstone (a water stone is best), whet or rub out all marks, as the least scratch will show when polished. Then get some tripoli (or, as the railroad men call it, triplye), wet as much of it as you want to use, then with a rag of any kind rub the horn well with it (you can hardly rub too much); then polish with the palm of the hand. Don't be afraid to bear on and rub quick. Boiling water will not take the polish off. They will take any color wanted by boiling them in some kind of dyes.

Some Things That Are Not.

Cayenne pepper doesn't come from a pepper plant, nor Burgundy pitch from Burgundy. Jerusalem artichokes do not come from Jerusalem, nor turkeys from Turkey. Camel's hair brushes are made from the tail of the squirrel. German silver is not silver, and it was invented in China. Cork legs are not made of cork; neither do they come from Cork, Ireland. Prussian blue does not come from Prussia. Irish stew is not an Irish, but an English dish. Cleopatra's Needle was set up 1,000 years before that lady was born. Chamois leather is not the hide of a chamois, but the flesh side of sheepskins.—Boston Herald.

An Opening for Young Men.

There seems to be an extraordinarily good demand for men who are capable of superintending large poultry plants. We had three inquiries for such men in one week lately, and within six months have received a half dozen other inquiries of the same sort. Any young man of ordinary intelligence and a little push would do well to fit himself for a position of this kind, as new poultry farms are being established each year and the demand for expert help will increase proportionately. This is a good opening for young men and they should take advantage of it.—Commercial Poultry.

Crimson clover is a valuable legume, but it is not adapted to wintering in the northern United States.

Sense of Touch in Surgery.

There has been of late more or less discussion on the use of antiseptic gloves. These articles are strongly objected to, however, by experienced surgeons, who claim that the surgeon acquires a sense of touch that is of very great value to him in performing delicate and complicated operations. So acute does this become that even the extent of disease may almost be determined by it. They believe that it is possible to exercise sufficient care in the washing of hands and the application of antiseptics to make such gloves wholly unnecessary. Be this as it may, the best surgeons are very reluctant to adopt anything that interferes with the delicacy of handling, which is their chief pride and upon which, to a great extent, the safety of the patient depends.—N. Y. Ledger.

The Oldest Metallic Objects.

Dr. J. H. Gladstone, discussing at the Royal institution the question of the metals used by the great nations of antiquity, said recently that gold was probably the first metal known to man, because it is generally found native. The oldest metallic objects to which we can assign a probable date were found in a royal tomb at Nagada, in Egypt, supposed to have been that of King Menes. In one of the chambers were some bits of gold and a bead, a button and a fine wire of nearly pure copper. If the tomb has been properly identified these objects are at least 6,000 years old. Nearly all the ancient gold that has been examined contains enough silver to give it a light color. It was gathered by the ancients in the bed of the Pactolus and other streams of Asia Minor.—Youth's Companion.

A Sloop of War Washed Ashore.

A somewhat remarkable occurrence happened at Arica, Peru. The sloop of war Wateree was anchored in that harbor in 1868, when a tidal wave caught her, tore her from her anchorage, and swept her inland with irresistible force. But in this instance the retreating waters did not return the vessel to her native element. Instead, she was landed right in the midst of a tropical forest where no amount of money could have floated her. So the government sold her for what the hull was worth, and the old warship ended her days as a hotel in a South American tropical forest.—George Ethelbert Walsh, in Chautauquan.

A Million for One Bombardment.

It is estimated that Admiral Sampson's bombardment of Santiago June 16 cost the government more than $1,000,000, and that an aggregate weight of 1,875,000 pounds of metal was thrown at the Spaniards. At this rate it costs a little less than 50 cents a pound for the metal hurled by the great guns of our warships in an engagement. This cost, of course, includes the expense of powder as well as projectiles.—Leslie's Weekly.

Hemp Smoking.

Moslems are forbidden to drink wines or spirits, but in Tunis they contrive to reach the same ends by smoking preparations of hemp flowers. The milder kind is called kif, and, if used in moderation, has no more effect than wine; but the concentrated essence, known as chira, produces intoxication as quickly as raw spirits, and leads to delirium tremens.—San Francisco Argonaut.

Power Required to Drive a Bicycle.

The driving of a bicycle at ten miles an hour has been ascertained to require about one-twenty-third of a horse power. An expert rider for a short time may exert one-third of a horse power. For rapid work, not scorching, one-seventh horse power is needed. These figures are the result of a scientific investigation.—Scientific American.

A Sterile Country.

Baluchistan, viewed as a whole, is described by a recent traveler as one of the most sterile countries imaginable, the greater part of it covered with stones and bowlders, the debris from the countless ranges of hills which cut up the land. In fact, it is an uninhabited desert, except where the traveler comes upon the oases of date palms.—N. Y. Sun.

Turned on Him.

He—I'm surprised to see a bird on the hat of a tender-hearted woman like you. I could never bear to wear anything that cost the life of an innocent animal.

She—I suppose that the calf from the hide of which your shoes are made died of old age.—Detroit Free Press.

THE MARKETS.

New York, Oct. 25.			
CATTLE—Native Steers	3 90	@	5 40
COTTON—Middling	9⅞	@	10
FLOUR—Winter Wheat	3 75	@	6 00
WHEAT—No. 2 Red (new)	....	@	1 23½
CORN—No. 2	....	@	58⅝
OATS—No. 2	34½	@	35½
PORK—Mess (new)	12 50	@	13 00
LARD—Western Steam	....	@	8 00
ST. LOUIS.			
COTTON—Middling	....	@	9⅝
BEEVES—Steers	4 00	@	6 75
Cows and Heifers	3 00	@	5 50
CALVES—(per 100 lbs)	4 50	@	7 00
HOGS—Fair to Choice	4 50	@	5 45
SHEEP—Fair to Choice	3 75	@	4 15
FLOUR—Patent	5 35	@	5 85
Other Grades	4 25	@	5 20
WHEAT—No. 2 Red (new)	1 18	@	1 19
CORN—No. 2	....	@	53⅝
RYE—No. 2	....	@	81
OATS—No. 2	30½	@	31
WOOL—Tub Washed	21	@	35
Other Grades	14	@	25
HAY—Clear Timothy	10 00	@	12 50
BUTTER—Choice Dairy	16	@	19
EGGS	19	@	20½
LARD—Choice Steam	....	@	7 05
PORK—Standard Mess (new)	....	@	11 15
CHICAGO.			
CATTLE—Native Steers	5 25	@	7 00
HOGS—Fair to Choice	5 00	@	5 50
SHEEP—Fair to Choice	3 50	@	4 40
FLOUR—Winter Patents	5 30	@	5 40
Spring Patents	5 35	@	5 80
WHEAT—No. 3 Spring	1 05	@	1 16
No. 2 Red	1 15	@	1 18½
CORN—No. 2	....	@	52⅝
OATS—No. 2	....	@	29½
LARD	7 27½	@	7 30
PORK	10 90	@	11 00
KANSAS CITY.			
CATTLE—Native Steers	5 00	@	6 40
HOGS—Fair to Choice	4 85	@	5 35
WHEAT—No. 2 Red (new)	1 12	@	1 14
CORN—No. 2 Mixed	....	@	47½
OATS—No. 2 White	30	@	30½
NEW ORLEANS.			
FLOUR—High Grade	5 50	@	6 10
CORN—No. 2	....	@	63
OATS—No. 2	....	@	39
HAY—Choice	14 00	@	15 00
PORK—Standard Mess	....	@	13 25
BACON—Short Rib Sides	....	@	9½
COTTON—Middling	....	@	9⅝
INDIANAPOLIS.			
WHEAT—No. 2 Red (new)	....	@	1 17
CORN—No. 2 Mixed	....	@	55½
OATS—No. 2 Mixed	....	@	30½

A VOICE FROM THE PULPIT.

Rev. Jacob D. Van Doren, of 57 Sixth street, Fond Du Lac, Wis., Presbyterian clergyman, says: "I had attacks of kidney disorders which kept me in the house for days at a time, unable to do anything. What I suffered can hardly be told. Complications set in, the particulars of which I will be pleased to give in a personal interview to any one who requires information. This I can conscientiously say, Doan's Kidney Pills caused a general improvement in my health. They brought great relief by lessening the pain and correcting the action of the kidney secretions."

Doan's Kidney Pills for sale by all dealers. Price, 50 cents. Foster-Milburn Co., Buffalo, N. Y.

LIKE A "THIN RED LINE."

Jenks' Red Flannel Underwear Looked Like a String of Coral Beads.

Somebody told Mr. Jenks that red flannel worn next to the skin would cure the rheumatism from which he suffered. So he purchased several sets of red flannel undergarments. The clerk assured him that the firm guaranteed the goods in every particular. About two weeks later, says the New York Times, Mr. Jenks revisited the shop, sought out the proprietor and told his woeful story.

"The goods are the best in the house, declared the proprietor. "Of course," he said, in the reasonable tone used on unreasonable persons, "of course the shirts may have shrunk or faded a little—"

"Shrunk! Faded!" bellowed Mr. Jenks. "What do you think my wife said to me when I came down to breakfast yesterday with one of them on?"

The proprietor looked bored.

"Well, sir," said the aggrieved Jenks, "she looked at me a minute, and then said: 'What is that little red line round your neck, John? It isn't the baby's string of coral beads, is it?'"

VEST HAD SOME DOUBTS.

Thought the Legislature Might Repeal All the Smart Young Man Knew.

Senator Cockrell tells of the case of a young man who once appeared before the commission appointed in Missouri to examine applicants for admission to the bar of that state. It appears, says the New York Herald, that this youthful applicant, who had failed miserably in all that pertained to jurisprudence, civil law, case law, sumptuary law and due process of law, was finally asked by Mr. Vest, for a long time senator from Missouri, whether there remained any questions which the young man would like to have put to him.

"I regret to say," remarked Mr. Vest, "that you have failed to come up to the mark in the branches of law upon which we have examined you. But," added Mr. Vest, in a most kindly spirit, "we will question your further, if you so desire."

"Well, sir," responded the applicant, "I would suggest, if you please, that I be questioned on the statutes."

At this Mr. Vest smiled sadly. "My dear young man," added he, "I do not doubt that you're up on the statutes; but I do doubt that you will succeed in the law. Suppose you should have the utmost familiarity with the statutes, what's to prevent the legislature from repealing all you know?"

Six Doctors Failed.

South Bend, Ind., Oct. 24 (Special).—After suffering from Kidney Disease for three years; after taking treatment from six different doctors without getting relief, Mr. J. O. Laudeman, of this place, found not only relief but a speedy and complete cure in Dodd's Kidney Pills. Speaking of his cure, Mr. Laudeman says: "Yes, I suffered from Kidney Trouble for three years and tried six doctors to no good. Then I took just two boxes of Dodd's Kidney Pills and they not only cured my kidneys, but gave me better health in general. Of course I recommended Dodd's Kidney Pills to others and I know a number now who are using them with good results."

Mr. Laudeman's case is not an exception. Thousands give similar experiences. For there never yet was a case of Kidney Trouble from Backache to Bright's Disease that Dodd's Kidney Pills could not cure. They are the only remedy that ever cured Bright's Disease.

Bad Risk.

"And I can't get any life insurance?"

"Not a cent's worth. We just learned in time that you are trying to break a span of three-year-old mules."—Detroit Free Press.

Piso's Cure cannot be too highly spoken of as a cough cure.—J. W. O'Brien, 322 Third Ave., N., Minneapolis, Minn., Jan. 6, 1900.

Some men are good because they find it cheaper than being bad.—Chicago Daily News.

The Earth's Shadow.

The earth has a shadow, but very few ever see it, except in eclipses of the moon, or else few recognize it when they see it. Nevertheless, many of us have noticed it on fine, cloudless evenings in summer shortly before sunset a rosy or pink arc on the horizon opposite the sun, with a bluish gray segment under it. As the sun sinks the arc rises until it attains the zenith, and even passes it. This is the shadow of the earth.—Detroit Free Press.

No Ready Money in Shanghai.

In the British settlement in the great Chinese city of Shanghai ready money is practically unknown. After you have had lunch at a restaurant you calmly get up and walk out without a thought of paying in cash. Some time later in the day a coolie arrives at your residence with a tiny slip of paper—a "chit," as they call it—simply a memorandum of the amount.—N. Y. Sun.

He Couldn't Tell.

"Witness," asked the attorney for the defense, who was trying to prove the temporary insanity of the prisoner, "was it this man's habit to talk to himself when alone?"

"Jest at this time," came the answer, "I don't recolleck ever bein with him when he was alone."—Detroit Free Press.

No Screws Made in Persia.

A letter received the other day from Tabriz, Persia, where a hospital room in memory of the late Theodore Child has been equipped by his friends, says that everything, down to the screws and the tools used to put the hospital appliances into place, has to be taken from England and America, as such objects are unknown in Persia.

In the Blood.

Mrs. Gossipell—So young Mr. Benedict has taken a wife. Dear me! and only 24. What could have induced him to take such a course?

Mrs. Gossiper—My dear, I fancy it runs in the blood. I hear that his father and mother before him were married.—Judge.

Some Difference.

Clerk—I believe you said, sir, that after the first of the month you would raise my salary.

Employer—You are mistaken. What I said was that after that date you would be worth more to us.—Cleveland Leader.

BLOOD WILL TELL

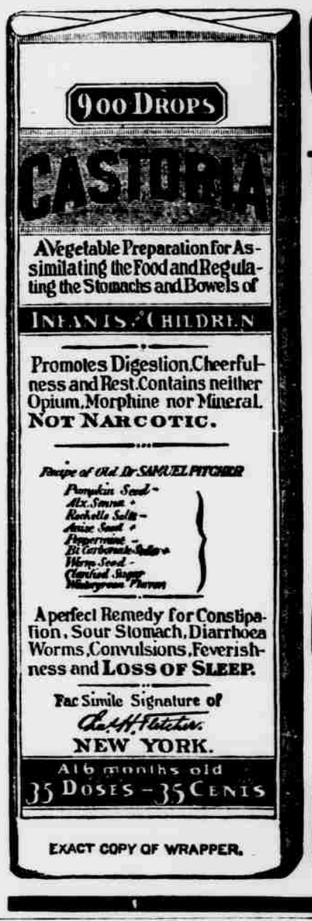
A THEORY SUPPORTED BY FRESH, CONCLUSIVE EVIDENCE

A Recent Instance Proves That a Woman's Happiness is Largely Dependent on the State of Her Blood.

When the blood is disordered every organ of the body is affected unfavorably and fails to discharge its functions properly. In the case of every woman nature has made special provision for a periodical purification of the blood and so long as this occurs her health and spirits unfailingly reveal the beneficial results. So slight a cause as a cold or a nervous shock may produce a suppression of this vital function and until it is restored she is doomed to misery. The remedy that has proved most prompt and effective in all disorders peculiar to the female sex, is that which brought such great relief to Miss Mattie Griggs, of No. 807 Indiana street, Lawrence, Kansas, concerning which she speaks as follows:

"In the winter of 1902, from some unknown cause, there was a cessation of functions peculiar to my sex for a period of four months. I became very weak and could not get up stairs without help. I had nausea and pain and a constant headache. I was under the care of a physician for three months, but he did not succeed in curing me. Then a lady friend told me about the merits of Dr. Williams' Pink Pills which she had used in her family and she induced me to try them. It was in May when I first began to use them and in June I had fully recovered my health, and have since remained perfectly well."

In all cases of delayed development of young girls; in anæmia or weakness due to impoverished blood and showing itself in pallor, lack of ambition, despondency and nervousness; also in the great constitutional disturbances attending the period known as the change of life, Dr. Williams' Pink Pills are invaluable for women, whose health is always closely dependent on the state of the blood. They are sold by all druggists. A booklet of valuable information, relating to the care of a woman's health at all important periods, and entitled "Plain Talks to Women," will be sent free in a sealed envelope to any one who chooses to write for it to the Dr. Williams Medicine Company, Schenectady, N. Y.



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For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of Chas. H. Fletcher.

In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

FREE

A beautiful Metal Match Safe, in 5 colors, showing "The Girl Who Can Tell the Best Lye," will be sent to any address, postpaid, for one of our Lye labels.

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