

Cramps

Thousands of ladies suffer agonies every month. If you do, stop and think. Is it natural? Emphatically and positively—NO! Then make up your mind to prevent or cure this needless suffering!

TAKE CARDUI

It Will Help You

"I suffered 9 years" writes Mrs. Sarah J. Hoskins, of Cary, Ky. "I had female trouble and would nearly kill me with pain. My back and side would nearly kill me with pain. I tried everything to get relief, but failed, and at last began to take Cardui. Now I can do my housework with ease and I give Cardui the praise for the health I enjoy." Try.

AT ALL DRUG STORES

Long Lived Apple Trees.

(Outing.)

How old can an apple tree grow? I have a few of the trees planted by Seonodoah, the Oneida chief, with Dominie Kirkland, the missionary in 1791. These trees, now considerably more than 100 years old, still bear an abundance of fruit. The wood is in good condition notwithstanding many years of neglect.

The average age of an orchard as generally planted and cared for rarely exceeds fifty years. I am inclined to think that the more sturdy sorts can be made to exceed 150 years. In order to attain any such age there must be a selection of varieties and they must be grafted high up on tough stock. Our fathers' apple trees were grafted in the tops, but the apples planted in these days are grafted in the roots. However, one must not cling too long to an old tree.

Burns, bruises and scratches, big and little cuts or in fact anything requiring a salve, are best and quickest soothed and healed by DeWitt's Carbolized Witch Hazel Salve. The best salve for piles. Be sure you get DeWitt's. Sold by E. T. Whitehead Company.

"Do you think the new maid will stay?"

"I don't know. She hasn't had a chance to try on any of my new clothes yet."—Detroit Free Press.

Hives, eczema, itch or salt rheum sets you crazy. Can't bear the touch of your clothing. Doan's Ointment cures the most obstinate cases. Why suffer. All druggists sell it.

"See whiz, Jones! Where'd you get that roll of money?" "I met a fellow who had a sure tip on the third race yesterday." "And the tip won?" "No; this is that fellow's money."—Cleveland Leader.

Kodol is a combination of the natural digestive juices and it digests all classes of food and every kind of food, so you see it will do the work that the stomach itself does. The only difference between it and the stomach is the stomach can get out of order and Kodol cannot, but Kodol can put the stomach into good order. Buy Kodol today. It is guaranteed. Sold by E. T. Whitehead Company.

"Is love blind?"

"It ought to be."

"Ought to be?"

"Yes, it has so often had its eyes scratched out after marriage."—Houston Post.

Where Bullets Flew.

David Parker, of Fayette, N. Y., a veteran of the Civil War, who lost a foot at Gettysburg, says: "The good Electric Bitters have done me more than five hundred dollars for me. I spent much money doctoring for a bad case of stomach trouble, to little purpose. I then tried Electric Bitters, and they cured me. I now take them as a tonic, and they keep me strong and well." 50c. at E. T. Whitehead Company's drug store.

"Papa, hasn't mama got a retreating jaw?"

"Only in appearance, son; only in appearance."—Houston Post.

Can't look well, eat well or feel well with impure blood feeding your body. Keep the blood pure with Burdock Blood Bitters. Eat Simply, take exercise, keep clean and you will have long life.

Knicker: Man is born to trouble.

Bocker: Yes, if you try to picnic it rains, and if you eat indoors the cook leaves.—New York Sun.

Would Mortgage The Farm.

A farmer on Rural Route 2, Empire, Ga., W. A. Floyd by name, says: "Bucklen's Arnica Salve cured the two worst sores I ever saw, one on my hand and one on my leg. It is worth more than its weight in gold. I would not be without it if I had to mortgage the farm to get it." Only 25c. at E. T. Whitehead Company's drug store.

Travels of a Bale of Cotton.

(Cotton Oil News.)

The farmer produces a bale of cotton which he sells for \$50. According to Government estimates, it cost the farmer \$40 to raise this bale of cotton. The bale is shipped to England and manufactured into cotton goods. The freight, commission, insurance, etc., amounts to \$10 a bale. The manufacturer pays labor \$20 to finish the product. A bale of cotton makes 3,000 yards of calico. The manufacturer sells this calico to the Texas merchants for 4 cents per yard, or \$120. The merchants add 1 cent per yard to the cost price, and the farmer buys his bale of cotton back for \$150. The farmer has made the payroll for the railroad, steamship, manufacturer and merchant, and paid their taxes and all other expenses in connection with the transaction. The average Texas cotton crop is estimated at 3,000,000 bales, the finished product of which is valued at \$450,000,000, divided as follows:

	Per Bale.	Total.
Farmer. . .	\$ 50	\$150,000,000
Transportation, insurance . . .	10	30,000,000
Manufacturer. . .	60	180,000,000
Merchants. . .	30	90,000,000
Total	\$150	\$450,000,000

Texas has produced and consumed. England has manufactured. The manufacturer placed the price on the bale of cotton bought from the producer and the manufacturer also placed the price on the calico sold to the consumer. Neither the producer nor the consumer were consulted in fixing prices. Raw material makes no country influential in business. In fact, the more raw material we produce, the more helpless we become. Manufacturing is just the reverse. The more factories we have, the more powerful we become in commerce.

Texas has the raw material. Our cotton runs the spindles of Europe. Texans have the money. The recent panic caught us with millions of dollars loaned the East on securities of manufacturers. Only 3 per cent. of our wealth is invested in factories. We have no cotton mills. Why? This is a question that every commercial club in Texas should carefully study and upon its final solution depends the commercial supremacy of Texas.

Why should we send the cotton away in the form of a bale of cotton? Why not send furniture to other countries in the log?

We have much to learn. About the first lesson is in factory building. The land of cotton should be the land of cotton mills. In manufacturing lies our very best opportunity. Shall we longer neglect it and take the bear's price for the raw cotton?

"I guess our romance is ended now."

"Why?"

"Her folks have moved into the house that my folks vacated."—Louisville Courier-Journal.

Kelmedy's Laxative Cough Syrup is used nearly everywhere, because it not only heals irritation of the throat and stops the cough, but it drives the cold out of the system through its laxative principle by assuring a free and gentle action of the bowels, and that is the only way to cure a cold. You can't cure it as long as you are constipated. Insist upon Kennedy's Laxative Cough Syrup. Sold by E. T. Whitehead Company.

CULTURE OF RISIBLES.

Fault-Finding, Scolding and Cutting Sarcasm are Health-Destroyers.

(Health Culture.)

Rays of irresistible attraction radiate from a household where the risible muscles are kept flexible by frequent exercise.

Ripples of laughter spread very far. Children crowd into a merry house, as bees to a honey-yielding flower. There may be but a small allowance of sense in the easy-coming laughter, but it shakes up the diaphragm and awakes the solar plexus, as a jolly family have always an admiring fringe of neighbor's children who love to "laugh, too." The family of daughters have always good health, and even when living is plain, are plump and rosy. Among all the aids to digestion and the solemn ways of hunting health, it is strange that some one has not made a serious attempt to bring the "Culture of the Risible" into the foreground and charge a fee for a course of lessons.

The gift of laughter is too truly heavenly bestowed to permit of faking; yet even the sourest-stomached dyspeptic can learn to laugh side-shaking, uproariously, and be cured of his ills thereby.

He may not find the risible mover in the funny paragraphs, but any one who does not get a good laugh at something two or three times a day ought to start out on a hunt for some jolly joker who can strike the responsive chord that controls the risibles.

It takes only one at a family table to give the rest indigestion. So many parents sin in this way of bringing up children's faults for reproval when they are at the table. Did they but know that they were mixing poison with the food they bid the children eat and "stop crying." Far healthier were it to forbid the meal altogether than compel it to be eaten with compressed spirits.

Fault-finding, cutting sarcasm, stabbing little jibes, scolding and such like laugh-killers are also health-destroyers. Depression immediately shuts down the flow of digestive juices and distills bitterness which has to be slowly eliminated with weakened powers. Many a devoted wife has poor health because a dish she has prepared under stress of overtaxed strength fails to elicit anything but a cross criticism from the husband.

To conceal a hurt spirit she will choke down her despised and probably palatable food which wasn't cooked somehow differently, and the heaviness of heart will soon be augmented by a heaviness in the stomach, and then in the head, and the days go on with waning health, then "mother's stomach is all out of order all the time."

What if smiles had been the sauce instead of fault-finding. If there be one more essential constituent of a family meal than the food, it is good nature, even good nature that shakes out its banners into open-mouthed laughter. "Better is a dinner of herbs where love is than a stalled ox and hatred therewith."

The temperament which laughs easily is born, but a habit of good nature may be cultivated to the point of seeing the fun in common things. Humor and wit are the summits to attain in this culture of the risibles. We may as well be explicit, for the benefit of the seriously solemn ones who are so contemptuous of a mind that sees anything to laugh at in less than a double intended joke.

Begin at the Bottom.

(Exchange.)

There is no other place to begin than at the beginning. If you are starting to learn a business, you cannot start too low down. Many boys make the mistake in thinking that the acceptance of a humble position at a very small salary is an acknowledgment of inferiority. But the higher a building is to reach, the lower the foundation must be laid. The master of a business must know it from the bottom to the top. The college graduate who is not afraid to put on overalls and go to work in factories or machine shops, stands a far better chance than if he drew back fearing that this would be an admission that his education was a failure. Don't be afraid to begin at the beginning.

In Transit.

Men spoke of her as "passing fair," But time flies by so fast Now some of these same men declare She's actually past.

—Exchange.

The Sympathizer.

Gloomer: You were so kind and sympathetic the last time I told you my troubles I want to thank you for that and now I've got another.

Bloomer: Oh, pray don't mention it.—Ex.

Timing It.

"Dr. Riter tells me that for a whole year he didn't write a thing that was worth while."

"Yes, I believe it took him a year to write that latest novel of his."—Ex.

Explained. The Aged Angler: Oh, ay; the last fish I caught were a proper big 'un, an' no mistake.

The Inquiring Angler: Indeed? Why didn't you have it stuffed?

The Aged Angler: Well, you see, I weren't more nor a lad at the time.

—The Sketch.

It Often Happens. "I hear she found the audience rather cold last night."

"They were at first; but when they remembered that they had paid good money to see the show they got very hot."—The Tatler.

"My child was burned terribly about the face, neck and chest. I applied Dr. Thomas' Electric Oil. The pain ceased and the child sank into a restful sleep."—Mrs. Nancy M. Hanson, Hamburg, N. Y.

Cruel. "There," said Rimmer, in conclusion, "clever idea, isn't it? I thought I'd work it up into a ballad."

"Why not a quatrain?" suggested Crittick.

"Oh, that's too short."

"I don't believe an editor would think so."—Philadelphia Press.

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Scores of Scotland Neck Readers Are Learning the Duty of the Kidneys.

To filter the blood is the kidneys' duty. When they fail to do this the kidneys are sick. Backache and many kidney ills follow:

Urinary troubles, diabetes, Doan's Kidney Pills cure them all. Roy Pittman, 532 Falls Road St., Rocky Mount, N. C., says: "It gives me pleasure to recommend Doan's Kidney Pills, knowing them to be a remedy of merit. For a long time I suffered from a lameness through the region of my kidneys and often while at work I was in absolute misery on account of the intensity of the pain. At night I could not rest well and in the morning would arise feeling lame and sore. Hearing of Doan's Kidney Pills, I procured a box, used them according to directions and was promptly relieved. They benefited me more than all the plasters and liniments I had previously used and I am now free from any sign of my former trouble."

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Remember the name—DOAN'S—and take no other.



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Inflammation of the bladder, urinary troubles and backache use

DeWitt's Kidney and Bladder Pills

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FOR Headache

NEURALGIA. SCIATICA. RHEUMATISM. BACKACHE. PAIN IN CHEST. DISTRESS IN STOMACH. SLEEPLESSNESS

TAKE ONE of the Little Tablets AND THE PAIN IS GONE.

If you have Headache Try One

They Relieve Pain Quickly, leaving no bad After-effects

25 Doses 25 Cents Never Sold in Bulk.