KIDNEY TROUBLE

Suffered Two Years—Relieved In Three Months.

MR. C. B. FIZER, Mt. Sterling, Ky., writes:

"*I have suffered with kidney and bladder trouble for ten years past.*

"Last March I commenced using Peruna and continued for three months. I have not used it since, nor have I felt any [illegible].

"I believe that I am well and I therefore give my highest commendation to the curative qualities of Peruna."

Peruna for Kidney Trouble.

Mr. Geo. H. Simser, Grant, Ontario, Can., writes:

"I had not been well for about four years. *I had kidney trouble, and, in fact, felt badly nearly all the time.*

"This summer I got so very bad I thought I would try Peruna, so I wrote to you and began at once to take Peruna and Manalin.

"I took only two bottles of Peruna and one of Manalin, and now I feel better than I have for some time.

"I feel that Peruna and Manalin cured me and made a different woman of me altogether. I bless the day I picked up the little book and read of your Peruna."

It is the business of the kidneys to remove from the blood all poisonous materials. They must be active all the time, else the system suffers. There are times when they need a little assistance.

Peruna is exactly this sort of a remedy. It has saved many people from disaster by rendering the kidneys service at a time when they were not able to bear their own burdens.

[illegible]thod will teach you to win time. —Spurgeon.

[illegible] Kraus[illegible]'s Cold Cure.

Fa[illegible] cold in head, throat, chest or back. Best [illegible]emedy for La Grippe. Druggists, 25c.

L[illegible]bor rids us of three great evils—[illegible]ted[illegible]isness, vice and poverty.—Fre[illegible]h.

Th[illegible] inducements to adopt Nature's perfect [illegible]axative, Garfield Tea, are many! It i[illegible] made wholly of simple Herbs and is guaranteed under the Pure Food and Drugs Law; it overcomes constipation, regulates the liver and kidneys, purifies the blood and brings Good Health.

Cannon May Break Record.

Of the congressmen who have served since the foundation of this government, more than 12,000 individuals, only 34 have served 20 years or more. The longest service was that of John H. Ketcham, of New York, who served 33 years, and was a member when he died. Mr. Cannon, who comes next, has served 32 years. Since he is elected to the next congress he will, if he lives to the end of his term, take the first place in the list of veterans.—Youth's Companion.

The Bright Side.

"O[illegible], this poverty!" wept the beautiful [illegible]fe when her shifty-eyed husband ca[illegible] home. "The gas and electric com[illegible]anies have shut off their service bec[illegible]se you have not paid their bills."

"[illegible]ell, we can use candles," console[illegible] the husband.

"And the telephone company has disconnected our instrument because we owe them two months' rental."

"So much the better. If anyone tries to ring us up to spend the evening with us they will think we are not at home."—Judge.

STOMACH ON STRIKE

SW[illegible]ESSFUL TONIC TREATMENT FOR INDIGESTION.

D[illegible] Williams' Pink Pills Cured This [illegible]nation and Have Cured Many [illegible]ndreds of Other Cases of [illegible]ar b[illegible] Common Ailments

[illegible]ess of appetite, coated tongue, bad taste in the mouth, heavy dull headache [illegible] dull, sluggish feeling—these are the [illegible]ymptoms of stomach trouble. They [illegible] that the stomach is on a strike; the [illegible] is no longer furnishing to the [illegible] the full quota of nourishment that [illegible]dy demands, hence every organ [illegible]yed.

[illegible]re are two methods of treatment, [illegible]d one by which the stomach is [illegible]ed by the use of predigested foods and [illegible]tificial ferments, and the new one by [illegible]ich the stomach is toned up to do the [illegible]rk which nature intended of it. A re[illegible]nt cure by the tonic treatment is that [illegible] Mrs. Mary Stackpole, of 81 Libe[illegible]y street, Lowell, Mass. She says:

"I [illegible]uffered constantly for years from stom[illegible]ch trouble and terrible backaches and [illegible]as confined to my bed the greater part [illegible] three years. I was under the care of our family physician most of the time, but did not seem to get better.

"I [illegible]as completely run-down and was not [illegible]le to do my work about the house. My [illegible]ood was impure and my complexion [illegible]ale. I suffered from flashes of heat, followed suddenly by chills. I had awful headaches, which lasted from thre[illegible] to four days. I could get but little rest [illegible]t night, as my sleep was broken and [illegible]tful. As a result I lost several po[illegible]s in weight and became very nervo[illegible]

"[illegible]as in a wretched condition when [illegible] about Dr. Williams' Pink Pills. [illegible]d to take the pills at once and [illegible] to gain in weight and health. I [illegible]couraged by this to keep on until [illegible]ured. My friends and neighbors [illegible]mark what a changed woman I [illegible] I owe it all to Dr. Williams' Pink Pills."

[illegible]e wonderful pills are useful in a [illegible]ge of diseases such as anemia, [illegible]ism, sciatica, neuralgia, nervous [illegible]hes, and even locomotor ataxia [illegible]tial paralysis.

[illegible]great value of Dr. Williams' Pink Pills is in the fact that they actually [illegible]w blood and this carries health [illegible]ugh to every portion of the [illegible] The stomach is tuned up, the [illegible] are strengthened, every organ is [illegible]ed to do its work.

[illegible] Williams' Pink Pills are sold by [illegible]ggists, or sent, postpaid, on receipt [illegible], 50 cents per box, six boxes for [illegible] by the Dr. Williams Medicine [illegible], Schenectady, N. Y.

NOTES FROM MEADOWBROOK FARM

By William Pitt

Do you live above a sweet cellar?

Cold ground gives poor encouragement to the seed corn.

Watered stock on the farm is better than water stock on Wall street.

The farm without a garden is only about half a farm as far as the family needs go.

The best fertilizer for peach and other trees is barnyard manure with potash in some form.

Salt, charcoal and sulphur should be so placed that the hogs can help themselves as their taste dictates.

Be thoughtful about the comfort of the women folks. Give them all the conveniences possible. Don't be selfish.

A good piece of advice for this time of year with its fitful changes is "to stick to your flannels until they stick to you."

Stop talking about how the government should be run and start in and show how well you know how to run your farm.

Many a colt proves unprofitable to his owner because he has all the value driven out of him before he has really matured.

Don't set the abnormally large eggs which are more than likely to contain double yolks. Chances are that they would hatch chicks deformed in some way.

A good cow and a small piece of ground place a man a long way from poverty and the poorhouse, if he has gumption enough to make what he has count.

Lambs will gain faster from feed than older sheep, showing that with sheep, as with other animals, the most rapid gains are made when they are young.

The requisites in a good dairy cow are a strong digestion and a hearty appetite. For this reason seek to develop these traits in the heifer you would raise.

It's the close-up weed that steals most of the nourishment from the plant, and for this reason cultivation must be close and thorough. Do the weeds before they get a chance to do your crop.

The best egg record yet made is that by a White Plymouth rock hen who laid 312 eggs in one year. The lowest number laid in one month was 24 in October and highest was 28 in March and the same in May.

Why not greet the faithful bossy at milking time with, "Well, old girl, what have you for me this time," at the same time handing her a tidbit in the shape of a piece of apple or of some vegetable. It will help fill the milk pail.

Have you planned for the corn crop for the silo? The corn should be planted thicker than ordinarily but not so thick that each stalk will not produce an ear. The cultivation should be thorough and the cutting done just before the corn is beginning to dent.

Lima bean plants contain a certain amount of hydrocyanic acid (prussic acid). Not enough to cause sickness unless eaten in large quantities, as is possible with cattle, horses and other farm animals. Agricultural department experts have found that about 500 grams—about a pound and a tenth—of the beans if fermented contain enough of the acid to kill a horse.

What's the use of going to the expense and trouble of getting the best of seed corn, if the seed bed into which you propose putting it is not well-prepared? Of the two it is almost safe to say that it is more important to have a good seed bed than to have good seed, for poor seed will do its best in a good seed-bed, while good seed corn stands almost no show in the poorly-prepared ground.

Look out for the deadly head lice on the little chicks. More chicks are cut off in the first days of their lives through this cause than any other. And it is a shame when they are so easily controlled. A few drops of kerosene in some melted lard and a little time is all that's needed. Dip the finger in the lard and oil and rub gently over the head and well down on the bill of the chicks, being careful to work the oily finger down to the roots of the downy feathers. Repeat the treatment again in a week or ten days.

In feeding experiments at many of the state colleges it has been proven that in the early stages of feeding animals make the greatest gain per pound of food fed, and the same is found in young animals in comparison to old. In other words, as the animals grow heavier they consume more food to produce a unit, and old animals do not give as good results as do young animals for the food consumed. The pig puts on more flesh at a lower cost per pound up to the age of nine to 12 months than beyond this age, to say nothing of the time and risk of carrying stock beyond this limit.

Good morning, Mr. Farmer. Have you dragged the road yet?

Sour milk is good for the little chicks as well as the big ones.

Be careful in your dealings with the man whose horse is afraid of him.

A very common mistake in the handling of breeding stallions is overfeeding.

Save all liquid manure by earth thrown on the floor and bedding placed over this.

When butter is off flavor the liberal use of lime water in washing will work wonders.

Weed the old strawberry bed but be careful not to disturb the roots with hoe or cultivator until after fruiting.

The good farmer is he whose farm shows an increase of fertility each year and whose stock are always on the up grade.

Don't leave too many eyes on pieces when cutting the seed potatoes. Too many stalks mean too small potatoes to be profitable.

Meager rations may economize on the feed but they find their inevitable reckoning day when it comes to balancing the accounts.

The low-headed tree has long since demonstrated its superiority over the high-spreading tree. It is easier to prune, to spray and to pick the fruit.

Two points must be considered in marketing lambs: The condition of flesh and the condition of the market. Good flesh and good market give good profit.

As soon as "red-rust" fungus appears in the black-cap or blackberry rows dig it, using care in doing so not to scatter the fungus on the healthy plants.

Red top and alsike will make good growth on that piece of ground which is too wet for crops if the ground is plowed in a dry time and then thoroughly harrowed.

The box stall in a stable proves an almost indispensable feature many times during a year when the special occasion arises for caring for a sick horse, or other stock or for the calves.

During the farrowing season make a memorandum of the hogs which prove the best mothers with the largest and healthiest litters and then keep them as long as they will breed.

Crows and blackbirds will not touch the corn if before sowing the seed is stirred in a kettle with a little gas-tar and then a little plaster, so that each grain is slightly coated. It will not injure the corn.

Feed the farm through the cow. The farm in turn will give you back feed for the cow. There's the farmer's endless chain system that keeps the farm on the up-grade and puts money in the bank for him.

A half-hour spent with the farm tool in making sure that it is in perfect working condition before taking to the field may save you a half day's work in repairing the damage which often results from taking things for granted.

"When wool prices fell a few years ago, the keeping of sheep on thousands of New England farms was abandoned, but a change has taken place and flocks are again finding their way back to the farms much to the improvement of conditions. Sheep growing is a paying business most anywhere.

A good enough cutter for seed potatoes and one with which rapid work can be done may be made from an old case knife fastened in the end of a plank which is fastened to a box on which the operator sits. The basket is placed below the knife and the potatoes drop into it as they are pushed on the knife.

It is a plain proposition that the farmer who is compelled to sell his grain crop at a particular time cannot make the profit he would if he were able to hold it for a more favorable market. This being true does not it behoove him to study how he may control the situation and dispose of his crops at the most favorable time.

The full strength of Bordeaux mixture may be used on almost all foliage but when spraying tender things such as peach trees or watermelon vines, it is wiser to reduce the quantities of lime and copper sulphate one-half. By adding one-quarter pound of Paris green to each 50 gallons of Bordeaux, the mixture becomes a combined fungicide and insecticide. Or, arsenate of lead may be added instead of Paris green—two or three pounds of the arsenate to 50 gallons of Bordeaux.

Bordeaux mixture formula: Four pounds of sulphate of copper, four pounds of quicklime, 50 gallons of water. First, dissolve the copper sulphate. The easiest, quickest way to do this is to put the copper sulphate in a cheese-cloth bag and suspend the bag in a barrel partly filled with water. Next, slake the lime in another receptacle, and strain the milk of lime thus obtained into the copper sulphate solution. Lastly, add sufficient water to make 50 gallons.

There is a dandelion war on in Kansas, and on April 16 a special campaign was waged against the weed. On that day the mayor of Topeka by proclamation ordered all citizens to turn out for its destruction, each citizen being expected to dig up the dandelions in his own yard, while Gov. Hoch and all state officers, constabulary, storekeepers, male and female, in the state house were to close the building and wage war on the weeds in the state house grounds. One hundred boys in the Topeka Reform school were to march to the capitol grounds to the music of the school band, and aid in digging the weeds.

THE HOME LAUNDRY

PROPER METHODS FOR DIFFERENT MATERIALS.

Various Ways for Getting Colors That Are to Be Washed—Importance of Proper Starching—To Stiffen Organdies.

When Washing Prints.—Before a new print gets its first tubbing set the colors. The way of doing this depends upon the color. Blues and greens are strengthened by vinegar in the rinsing of bluing water, allowing a tablespoonful of vinegar to every quart of water. Alum water is also efficacious, allowing four ounces alum to a tub of water. For black, black and white, deep purples or grays, salt is best. Dissolve a pint of salt in two quarts of boiling water, put the garment in while hot and let it lie several hours. Then wring dry and proceed as usual. For madder tints, soak in a sugar of lead solution an ounce to a gallon of water. Strong black pepper tea put in the first soda is best for setting some blacks. Where there is any doubt as to the fastness of a color or what will best set it, it is a good plan to wet small pieces with the various solutions and see which proves best adapted to that particular color. When ready to wash the calicoes use clean warm, not hot, suds, rinse thoroughly in two clear waters, wring dry, starch and hang in the shade, but so arrange that they will dry quickly. Never hang a print skirt double over the line. An excellent expedient is to fasten the band over a wooden barrel hoop or hang it from one of the wooden arms made on purpose for hanging skirts. In case of rain leave the calicoes in the second rinsing water with half a pint of salt to each gallon of water. Never sprinkle calicoes until the day they are to be ironed. Sprinkle lightly, but evenly. Thick prints require more water than finer muslins. Roll, tightly wrapping in a clean towel, so that the outside is not dry, and leave for an hour before ironing.

Laundry Lessons.—At the schools where fine laundry work is taught there is no hit-or-miss method in making starch and applying it to a garment. There is an accurate, scientific rule for every step. In starching shirts, for instance, mix three tablespoonfuls of dry starch smooth in cold water, then stir fast into one quart of boiling water. Boil for ten minutes, with constant stirring. While cooking stir also with a sperm candle kept for that purpose. When this is not available a little lard, butter, kerosene or white wax will do. When the starch is cooled down so that the hand can be borne in it dip collars, cuffs and shirt fronts into it, rubbing the starch thoroughly in, clapping it between the hands so that it may be evenly distributed through all the threads. Fold collars and cuffs in a clean towel, spreading out fit. Fold the shirt lengthwise, bring the two sides of the bosom together, with the wristbands put between. This keeps the starch from the rest of the shirt. Then roll very tight, springing a little water on the flaps.

Starch for Petticoats.—Petticoats require a much thinner starch. Dissolve a half cup of starch in a little cold water, enough to rub out all the lumps. When smooth pour over it eight cups of boiling water, stirring rapidly. Add a quarter teaspoonful of borax and boil ten minutes. When the hands can be borne in it dip in the various garments in the order in which you require stiffness. Wring out, rub and clap the starch in.

To Stiffen Organdies.—These require a different treatment. The best starch for them is clear, thick gum water. Dip them in wrong side out, rub the gum thoroughly through and squeeze dry, but do not wring. Spread out as much as possible in the hanging, and leave until the surface of the garments feels limply moist. Take down, roll tightly and cover with a clean cloth. Now undo a little at a time and pat and clap between the hands until dry.

Onion Soup.

This is wholesome and "tasty." Slice two or three large onions and fry yellow in butter or clarified drippings. When soft add three tablespoonfuls flour and stir until cooked and frothy. Now add slowly a pint of boiling water, stiring until smooth and slightly thickened. Have ready three potatoes boiled and mashed and add to them a quart of milk that has been brought just to the scalding point. Put the potato and onion mixture together, season with salt and pepper, let it get very hot, then press through a strainer into a hot tureen. Sprinkle over the top a little parsley minced fine and a handful crisp croutons.

Moonshine.

This little dainty will always appeal to the children, and may be served for them when the regular dinner dessert is deemed too rich for them. Beat the white of an egg for each person to be served, and when very stiff add a tablespoonful of granulated sugar. Stir in a teaspoonful of red jelly, any flavor, for four eggs. Serve dotted with lumps of jelly, and add a tablespoonful of cream or not, as desired.

Rechauffe Potatoes.

A simple way of using up cold potatoes and one sure to be liked is to every pound of potatoes allow two tablespoonfuls of minced onions and a little milk to moisten the mixture. Mash the potatoes till they are quite smooth and then add the other ingredients. Put into a mould, bake in a moderate oven till nicely browned and then turn out.

Washing Lace Curtains.

After washing lace curtains lay a blanket on the floor in some empty room, spread the curtains on the blanket, stretching them carefully, and they will keep their place without any fastening until dried.

Think Stolen Things Lucky:

The Danes consider that for one fisherman to steal another's landing net is equivalent to stealing his luck. The belief that stolen money is lucky money prevails almost all over Europe.

DOES YOUR BACK ACHE?

Profit by the Experience of One Who Has Found Relief.

Jamin B. Kesler, retired farmer, of Fonner St., Cazenovia, N. Y., says: "About fifteen years ago I suffered with my back and kidneys. I doctored and used many remedies without getting relief. Beginning with Doan's Kidney Pills, I found relief from the first box, and two boxes restored me to good, sound condition. My wife and many of my friends have used Doan's Kidney Pills with good results and I can earnestly recommend them."

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

ZEAL THAT WAS MISDIRECTED.

Housekeeper Meant to Please Employer, but Alas!

"Such an article," said H. P. Judson, the new head of the University of Chicago, in declining a rather unusual interview, "would be not only futile but even in a mild way harmful. It would be like the work of the careful housekeeper. There was an old general who had brought home from the war a splendid flag—a flag all torn with bullets, faded with fierce suns and stained with the dust and blood of battle. This superb trophy hung over the mantel in his library. Well, one unlucky day he engaged a new housekeeper and the next week missed his flag. He rang at once. 'Where is that flag of mine?' he said, pointing anxiously to the empty space on the wall.

"'I have been working on it, sir,' the housekeeper answered. 'I've washed it thoroughly and sewed up all the rents and darned all the holes and when I bring it back to you, sir, I'm sure you'll say it looks as good as new.'"

BABY'S ECZEMA GREW WORSE.

Hospitals and Doctors Could Not Relieve Him—But Cuticura Remedies a Speedy, Permanent Cure.

"Eczema appeared when our baby was three months old. We applied to several doctors and hospitals, each of which gave us something different every time, but nothing brought relief. At last, one of our friends recommended to us Cuticura Soap and Cuticura Ointment. A few days afterwards improvement could be noted. Since then we have used nothing but Cuticura Soap and Cuticura Ointment, and now the baby is six months old and is quite cured. All that we used was one cake of Cuticura Soap and two boxes Cuticura Ointment, costing in all $1.25. C. F. Kara, 243 East 65th Street, New York, March 30, 1906."

Use for Worthless Stocks.

"Wildcat mining stocks are not altogether useless — or worthless, either," said a downtown broker who handles cheap mining stocks, the other day as he hung up the telephone receiver. "Here's a man who has just offered me $50 for enough mining stocks to have a face value of $50,000. He wasn't particular what stocks he got if they only had a paper value of $50,000. I closed the deal and shall make money on it, too. What did he want with such stocks? Well, I haven't the slightest doubt but that he is getting ready to go into the bankruptcy court and wants to show his creditors where his money has been dropped. We often get such requests and are usually able to fill them."—N. Y. Sun.

And He Was Not German.

One of our third grade teachers noticed a little fellow the other day during a penmanship lesson who was evidently absorbed in his work and putting his whole soul into his efforts to make his results look like the teacher's copy upon the blackboard.

Thinking such devotion worthy of special reward she passed up the aisle to give him an encouraging pat upon the head and the regulation smile of approval. As she drew near she noticed that his lips were moving, and that with the completion of each letter he compared it with his copy and muttered audibly, "damit," "damit;" then screwed up his courage and his lips for a new attempt. The teacher passed on without distracting his mind from his work.—Journal of Education.

Worth Observing.

In a certain preparatory school in Washington an instructor one day made the statement that "every year a sheet of water 14 feet thick is raised to the clouds from the sea."

"At what time of the year does that occur, professor?" asked a freshman. "It must be a sight worth going a long way to see."—Harper's.

CHANGE IN FOOD

Works Wonders in Health.

It is worth knowing that a change in food can cure dyspepsia. "I deem it my duty to let you know how Grape-Nuts food has cured me of indigestion.

"I had been troubled with it for years, until last year my doctor recommended Grape-Nuts food to be used every morning. I followed instructions and now I am entirely well.

"The whole family like Grape-Nuts, we use four packages a week. You are welcome to use this testimonial as you see fit."

The reason this lady was helped by the use of Grape-Nuts food, is that it is predigested by natural processes and therefore does not tax the stomach as the food she had been using; it also contains the elements required for building up the nervous system. If that part of the human body is in perfect working order, there can be no dyspepsia, for nervous energy represents the steam that drives the engine.

When the nervous system is run down, the machinery of the body works badly. Grape-Nuts food can be used by small children as well as adults. It is perfectly cooked and ready for instant use.

Read, "The Road to Wellville," in pkgs. "There's a Reason."

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

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

We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm.

WALDING, KINNAN & MARVIN, Wholesale Druggists, Toledo, O.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Druggists.

Take Hall's Family Pills for constipation.

Blind Man Expert Whist Player.

Bert Trim, a blind resident of Woonsocket, R. I., is an expert whist player, being a valued member of a local club. He uses a special pack of cards, on which there are faint imprints sufficient to tell him what they are, but which are far too fine for the ordinary touch. Trim, who has been blind since childhood, is now 30 years old. He plays the piano and cornet in excellent style and is often heard in local entertainments.

Important to Mothers.

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Signature of Chas. H. Fletcher

In Use For Over 30 Years.
The Kind You Have Always Bought.

The truly excellent character is made up of strictness towards oneself and mildness towards others.—Schiller.

Ladies Can Wear Shoes

One size smaller after using Allen's Foot-Ease. A certain cure for swollen, sweating, hot, aching feet. At all Druggists, 25c. Accept no substitute. Trial package FREE. Address A. S. Olmsted, Le Roy, N. Y.

Work faithfully, and you will put yourself in possession of a glorious and enlarging happiness.—Ruskin.

Smokers have to call for Lewis' Single Binder cigar to get it. Your dealer or Lewis' Factory, Peoria, Ill.

The ignorant are courageous.—Modern Greek.

Answer ads. for with PUTNAM FADELESS DYES: no experience required, colors guaranteed.

Spraying of shade trees—most healthy trees are more or less shady.

Piso's Cure for Consumption is the best cough medicine we have used. It never fails to give immediate relief. Mrs. Thos. Ellwood, Corunna, Ind., Feb. 15, 1900.

A quiet wedding is but a curtain raiser for a strenuous afterpart.

Lewis' Single Binder Cigar has a rich taste. Your dealer or Lewis' Factory, Peoria, Ill.

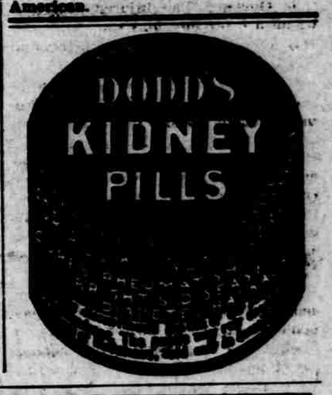
It requires the same kind of patience to teach a pig to waltz that is needed by the fisherman who can angle all day without getting a bite.

Spring always brings into special favor Nature's blood purifier, Garfield Tea. It is made wholly of clean, sweet Herbs. It purifies the blood, cleanses the system, clears the complexion, eradicates disease and promotes Good Health. For young and old.

Not a Bit of It.

City Boarder—When you exchanged cattle with Farmer Smith, did you get a quid pro quo?

Farmer Jones—No, Neighbor Smith didn't try no sich mean tricks on me. We swapped fair and even.—Baltimore American.



Perfect Womanhood

The greatest menace to woman's permanent happiness in life is the suffering that comes from some derangement of the feminine organs.

Many thousands of women have realized this too late to save their health, barely in time to save their lives.

To be a successful wife, to retain the love and admiration of her husband, should be a woman's constant study.

If a woman finds that her energies are flagging, that she gets easily tired, dark shadows appear under her eyes, she has backache, headache, bearing-down sensations, nervousness, irregularities or the "blues," she should start at once to build up her system by a tonic with specific powers, such as

Lydia E. Pinkham's Vegetable Compound

the great woman's remedy for woman's ills, made only of roots and herbs.

It cures Female Complaints, such as Dragging Sensations, Weak Back, Falling and Displacements, Inflammation and Ulceration, and all Organic Diseases, and is invaluable in the Change of Life. It dissolves and Expels Tumors at an early stage. Subdues Faintness, Nervous Prostration, Exhaustion, and strengthens and tones the Stomach. Cures Headache, General Debility, Indigestion, and invigorates the whole female system. It is an excellent remedy for derangements of the Kidneys in either sex.

SICK HEADACHE

CARTER'S LITTLE LIVER PILLS. Positively cured by these Little Pills. They also relieve Distress from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Dizziness, Nausea, Drowsiness, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable.

SMALL PILL. SMALL DOSE. SMALL PRICE.

CARTER'S LITTLE LIVER PILLS. Genuine Must Bear Fac-Simile Signature Brent Good. REFUSE SUBSTITUTES.

PIT & PITLESS SCALES. For Steel and Wood Frames, $25 and up. Write us before you buy. We save you money. Also Pumps and Wind Mills. DEXTER MFG., Des Moines, Ia.

DEFIANCE STARCH easiest to work with and starches clothes nicest.

FARMS THAT GROW "NO. 1 HARD" WHEAT

FARMS IN WESTERN CANADA FREE (Sixty-three Pounds to the Bushel). Are situated in the Canadian West where Homesteads of 160 acres can be obtained free by every settler willing and able to comply with the Homestead Regulations. During the present year a large portion of

New Wheat Growing Territory

HAS BEEN MADE ACCESSIBLE TO MARKETS BY THE RAILWAY CONSTRUCTION that has been pushed forward so vigorously by the three great railway companies.

For literature and particulars address SUPERINTENDENT OF IMMIGRATION, Ottawa, Canada, or the following authorized Canadian Government Agent:

W. V. BENNETT, 801 New York Life Building, Omaha, Nebraska.

Mention this paper.

INVENTIONS NEEDED

[illegible] wrecks and save labor on farms. MASON, FENWICK & LAWRENCE, Patent Lawyers, Box [illegible], Washington, D. C. Est. 1865. Richter Bros. Best references.

If afflicted with sore eyes, use Thompson's Eye Water

Here's something new and delicious!

Quaker Wheat Berries

A new way of preparing wheat for food.

Choice wheat, puffed and baked; ready-to-serve; crisp and toothsome.

The flavor is in it, not sprayed on it
Takes less cream; tastes better with less
All the strength of whole wheat
Wholesome; the more the better for children

Ask your grocer for it

Large package 10c

The Quaker Oats Company
CHICAGO

Furnish your table with cups, saucers and plates, from the family size package of Quaker Oats.