

ALMOST BEYOND HUMAN ENDURANCE

Were the Agonies Which Miss Lance Underwent. She Lives to Tell the Story, However.

Palmer, Okla.—In a letter from this place, Miss Forrest E. Lanco says: "As I have been benefited by the use of Cardul, the woman's tonic, I want to write this letter for publication, as it may be the means of helping other suffering women.

For three years, I suffered so, at times, with my back and bearing down pains, I would think I could not possibly endure the pain. I gradually got worse, and would look with dread for these trying times to roll around.

Finally I decided to try Cardul, the woman's tonic, as I had heard so much of its help to other women, and how glad I am that I did, for I can truthfully say that I have been greatly benefited by taking only four bottles; in fact, it has entirely relieved me.

I can truly sympathize with any sufferer from those awful pains due to womanly trouble, for I have certainly had the experience of them."

As a medicine for women who suffer from the numerous ailments peculiar to their sex, or as a tonic for tired, nervous, worn-out women, Cardul has a record of more than 50 years' success.

It has benefited thousands of women in this time, and should do the same for you.

Give Cardul a trial. N. B.—Write to: Chattanooga Medicine Co., Ladies' Advisory Dept., Chattanooga, Tenn., for special adv. cards on your case and 64-page book, "Home Treatment for Women," sent in plain wrapper. Adv.

Give the old fashioned woman the lye and she will make a batch of soap.

Liquid blue is a weak solution. Avoid it. Buy Red Cross Ball Blue, the blue that's all blue. Adv.

Many a brave man is apt to fear a silent woman.

You Can Stop a Carbuncle or Boil After It Begins to Form by using DR. FORTNER'S ANTISEPTIC HEALING OIL. 10c, 50c, \$1.00.

Getting a husband is an art; keeping him is a domestic problem.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures colic, 25c a bottle.

A kiss in the dark may be a divine spark, or it may be a mistake.

WOMAN FEELS 10 YEARS YOUNGER

Since Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Louisville, Ky.—"I take great pleasure in writing to inform you of what Lydia E. Pinkham's Vegetable Compound has done for me. I was weak, nervous, and cared for nothing but sleep. Now I can go ahead with my work daily and feel ten years younger than before I started taking your medicine. I will advise any woman to consult with you before going to a doctor."



—Mrs. INEZ WILSON, 2223 Bank St., Louisville, Ky.

Another Sufferer Relieved. Romayor, Texas.—"I suffered terribly with a displacement and bladder trouble. I was in misery all the time and could not walk any distance. I thought I never could be cured, but my mother advised me to try Lydia E. Pinkham's Vegetable Compound and I did.

"I am cured of the displacement and the bladder trouble is relieved. I think the Compound is the finest medicine on earth for suffering women." —Mrs. VIOLA JANKIN, Romayor, Texas.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

THE NEW FRENCH REMEDY, No. 9 N.E. THERAPION

Used in French Hospitals with Wonderful Results. It is a powerful, reliable, and safe remedy for all ailments of the urinary system, including gonorrhea, cystitis, and kidney trouble. It is the only remedy that cures the disease without causing any harm to the system.

PARKER'S HAIR BALM. A hair preparation of worth. It is the best for the hair and scalp. It is the only hair balm that is made in America.

AFRO-AMERICAN CULLINGS

At the Twelfth Regiment armory, New York, commencing October 22 and continuing for ten days, an exposition is to be held to show the advancement made by the negro race in the United States during the last fifty years. The exposition is also intended to celebrate the fiftieth anniversary of the emancipation proclamation. It is claimed that the exposition will represent more than 10,000,000 persons in the United States. The state's approval of the exposition was given in May last when the legislature passed an act appointing the emancipation proclamation commission, consisting of nine members, all negroes, and appropriating \$25,000 for the purposes of the exposition. While the sum of \$25,000 is not sufficient to meet the expenses of the exposition, contributions made by wealthy negroes in various parts of the country guarantee that there can be no failure of the enterprise through lack of funds. One negro in the south who owns thirteen plantations and is said to be worth not far from \$750,000 has contributed heavily, while large contributions have been made by wealthy negroes in New York and other cities. Invitations to attend the exposition have been sent to every negro of prominence in the United States, to a number of white persons of importance and to General Philippe Auguste, the negro president of Hayti, who, if he cannot attend in person, will send a delegation to represent the black republic, whose first president was a negro slave, Toussaint l'Ouverture. A delegation from Santo Domingo is also expected and a representative from the government of Liberia.

More than eight per cent of the total wealth of the negro race is invested in church property. Fifty years ago, emancipation time, the negroes had scarcely any means of religious worship. The entire south contained but 100 negro Sunday schools, and there were but three institutions of higher learning where a negro could be trained for the ministry. There are now 25 theological schools for negroes. Four large publishing houses devote their entire output to the needs of negro churches. Education of negroes in the south has shown similar gains. There were less than 100 schools for negro children at the close of the war. Now nearly 2,000,000 colored children are enrolled in public schools in the south, in care of 24,000 colored teachers. Higher education has increased correspondingly. In view of these facts economic advances is to be expected. The average negro just before the war was salable at about \$500. Now there are 5,000 negroes in the professions and 30,000 engaged in business, including 64 negro banks. Their own wealth estimated at \$700,000,000. It is estimated that a free negro is now worth \$2,500 to his community, five times his value to his former owner.

The seventy-third annual Indiana conference of the A. M. E. church was held at Marion, Ind., recently. Bishop Benjamin Franklin Lee of Xenia, O., had charge of the conference. The first annual conference in Indiana was held in a little log schoolhouse on Blue river, in Rush county, in 1849, Bishop Morris Brown of Washington presiding. The intervening years have seen the conference grow from a few churches, scattered over the state, to nearly 500 churches, of which Bethel A. M. E. church of Indianapolis stands at the head. The state is divided into three conference districts, namely, the Evansville, Richmond and Indianapolis, with presiding elders living in the latter city in charge of each. The reports made were encouraging.

A ten-year-old negro girl will pay the largest income tax in Oklahoma. Sarah Rector, who lives just west of Muskogee, is the girl. Her income now is more than \$12,000 a year. It is the old story of a lucky allottee and the oil well. Sarah is the descendant of a Greek freedman. She had nothing to do with the selection of her allotment and probably has never seen it and does not know where it is. But it is 150 acres of land and upon it has been drilled the biggest producing oil well in the mid-continent field near the town of Cushing. The well is producing over \$3,500 a day and Sarah gets one-fifth of this as her share.

A pistol combined with the tiny searchlight makes shooting in the dark sure and simple. The light projects a pencil-like ray and the bullet will strike the object on which the light shines.

In the opinion of an English scientist the wear of macadam roads is not due to the suction of automobile tires, but almost entirely to the crushing effect of horseshoes and iron-tired wheels.

In Russia the majority of strikes in 1912 (1,216, with 511,300 participants) were due to politics. The other 702, with 175,052 participants, had economic motives affecting them.

Brooding cattle and horses from South Africa have been sent to Cuba by an English ranch owner there, who will experiment with crossing them with American stock.

School lunches are served at a nominal cost to elementary school children in 41 American cities. In 200 English, 150 German and 1200 French communities.

The stamps of Persia show the lion and the sun—the lion as a symbol of power and the sun as an emblem of the ancient fire worship of the Persians.

More than 1,000,000 grass hats were exported to the United States from the Dutch West Indies during the third quarter of 1912.

Miss Viola Miller, postwoman in Ottawa, Ill., has the distinction of reforming that town in one month.

A suspension bridge with a main span 1,700 feet long is proposed for the Mersey river at Liverpool.

Comfort for Night Workers. In one of the New York hotels a floor is arranged for the use of those who work at night and sleep during the day. The "Sleepy Sixteenth," as the floor is nicknamed, is run on an inverted time table, with a separate staff, and its own restaurant, lift and telephone service. No one sleeping on this floor is called, except under special orders, until late in the day. Breakfast is served in the afternoon and the other meals are put back in the same way. All the routine work of cleaning and bedmaking is done after nightfall.

Prudish Priest. Historic and valuable frescoes in the church of Beauville, Calvados, have just been ruined by the misplaced zeal of a parish priest. The frescoes represented by the bay of Judgment and scenes from an old French parable, and the priest's action is due to the fact that the painter clothed his figures after the fashion of our first parents. —London Globe.

No oculist can do anything for the blindness of self-love.

WHENEVER YOU NEED A GENERAL TONIC - TAKE GROVE'S

The Old Standard Grove's Tasteless chill Tonic is Equally Valuable as a General Tonic because it Acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. For Grown People and Children.

You know what you are taking when you take Grove's Tasteless chill Tonic as the formula is printed on every label showing that it contains the well known tonic properties of QUININE and IRON. It is as strong as the strongest bitter tonic and is in Tasteless Form. It has no equal for Malaria, Chills and Fever, Weakness, general debility and loss of appetite. Gives life and vigor to Nervous Mothers and Pale Sickly Children. Removes Biliousness without purging. Relieves nervous depression and low spirits. Arouses the liver to action and purifies the blood. A True Tonic and sure appetizer. A Complete Strengthener. No family should be without it. Guaranteed by your Druggist. We mean it, you.

EMBLEM OF NOBLE WORK

Double Red Cross, Symbol of War Against Tuberculosis, Was Devised by French Doctor.

The double red cross, the symbol of the war against tuberculosis, was first adopted by the emblem of the International Anti-Tuberculosis association in Berlin in October, 1912. The proposer of the symbol was Dr. G. Serlon of Paris, who is now associated secretary of L'Association Centrale Francaise Contre la Tuberculose. Today the emblem used by anti-tuberculosis workers in every part of the world, even in Iceland, India, South Africa, Labrador, Japan, China and the Philippines. The double red cross is similar in shape to a cross used frequently in the Greek Catholic churches, and also to the Lorraine cross of France. In the United States over 1,200 anti-tuberculosis associations and committees; nearly 500 sanatoria and hospitals; 400 dispensaries and about 200 open air schools, besides a number of other organizations, are using the double red cross as their emblem. Whenever it is seen, it means war against tuberculosis.

The precise difference between the longitude of Washington and Paris is to be determined by representatives of both nations.

HAPPY OLD AGE Most Likely to Follow Proper Eating

As old age advances we require less food to replace waste, and food that will not overtax the digestive organs, while supplying true nourishment.

Such an ideal food is found in Grape-Nuts, made of whole wheat and barley by long baking and action of diastase in the barley which changes the starch into a most digestible sugar.

The phosphates also placed under the outer-coat of the wheat are included in Grape-Nuts, but are lacking in white flour because the outer-coat of the wheat darkens the flour and is left out by the miller. These natural phosphates are necessary to the well-balanced building of muscle, brain and nerve cells.

"I have used Grape-Nuts," writes an Iowa man, "for 3 years and feel as good and as strong as I was ten years ago."

"Among my customers I meet a man every day who is well along in years and attributes his good health to Grape-Nuts and Postum which he has used for the last 5 years. He mixes Grape-Nuts with Postum and says they go fine together."

"For many years before I began to eat Grape-Nuts I could not say that I enjoyed life or knew what it was to be able to say 'I am well.' I suffered greatly with constipation, but now my habits are as regular as ever in my life."

"Whenever I make extra effort I depend on Grape-Nuts food and it just fills the bill. I can think and write a great deal easier."

There's a Reason. Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville." in page 4. Ever send the above letters? A new one appears from time to time. They are genuine, true, and full of human interest.

The "Pennant" is won

The "banner of health" is always won by the person who possesses a keen appetite, enjoys perfect digestion, and whose liver and bowels are regular. Get into this "winner" class at once by the aid of

HOSTETTER'S STOMACH BITTERS

It is for Poor Appetite, Sick Headache, Heartburn, Indigestion, Constipation and Malaria.

60 years the leader

WHENEVER YOU NEED A GENERAL TONIC - TAKE GROVE'S

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Uric Acid Is Slow Poison

Excess uric acid leaves in the blood by weak kidneys, causes more diseases than any other poison.

Among its effects are backache, headache, dizziness, irritability, nervousness, droopiness, "blues," rheumatic attacks and urinary disorders. Later effects are dropsy, gravel or heart disease.

If you would avoid uric acid troubles, keep your kidneys healthy. To stimulate and strengthen weak kidneys, use Doan's Kidney Pills—the best recommended special kidney remedy.

A Missouri Case

Mr. J. P. Pennington, of St. Louis, Mo., writes: "I suffered with dropsy, and my kidneys were so weak that I could not walk. I tried many remedies, but they did not help. I then bought Doan's Kidney Pills and after taking a few boxes I was cured. I am now as well as ever and my health is better than it has been for years."

Get Doan's at Any Store. 50c a Box. DOAN'S KIDNEY PILLS. POSTUM-MILBURN CO., BUFFALO, N. Y.

Constipation Vanishes Forever

Prompt Relief—Permanent Cure. CARTER'S LITTLE LIVER PILLS never fail. Purely vegetable—act surely and gently on the liver.

Stop after dinner—cure indigestion, improve the complexion, brighten the eyes. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.

W. N. U., Oklahoma City, No. 39-1913