

PROVES GREAT POWER

When Regular Medical Treatment Failed, Dr. Williams' Pink Pills Cured Her Rheumatism.

Hundreds of people afflicted with rheumatism have spent years under the care of excellent physicians in vain. Then they have settled down to the conviction that it is fastened on them for life. Mrs. Dinsmore was not willing to join the ranks of the hopeless merely because her doctor did not know how to help her. Here is her story:

"Four years ago I suffered greatly with rheumatism in my hands and knees. After I had been sitting a while my limbs seemed so heavy I could hardly walk on the first attempt. So long as I kept moving I was all right, but just as soon as I stopped, something seemed to settle in my knees and make them ache. My hands were so bad I couldn't touch the palms of them on a flat surface; they were swollen and pained so."

"Did you call in a physician?"

"I doctored steadily for over a year; then one doctor said: 'You have taken medicine strong enough to kill almost anything.' Still, it did not kill me nor the rheumatism."

"How, then, did you get rid of it?"

"At different times I had read in various publications about Dr. Williams' wonderful Pink Pills for Pale People, and I finally decided to try them. I took them steadily for four months in accordance with the directions. By that time I was completely cured."

"Have you been free from it ever since?"

"Since then I have had but one slight return of my trouble, and a box or two of the same pills made me all right again."

Mrs. F. A. Dinsmore lives in hearty enjoyment of her recovered health at Woburn, Mass., entirely freed from the grave anxieties that rheumatism always brings. When it appears in but a single joint it shows that the blood is in a faulty state in the whole body. It may at any moment break out elsewhere, and one of the dangers is that it may break out in the heart and then the result must be fatal. The only security is to keep the blood all the time in a perfectly sound condition.

Dr. Williams' Pink Pills make healthy blood. All other relief is superficial. This is thorough. These pills are sold by all druggists.

THE LOWER ANIMALS.

Advance of civilization is decreasing the numbers of prairie dogs.

Spider mothers remember their offspring after an absence of 20 hours, but forget them when a full day has elapsed.

Wonderful types of ancient animals have been discovered in the Fayoum district of northeastern Africa. It is believed that the animals of the elephant and mastodon class were developed in Africa itself, but this does not appear to invalidate the theory that most of the African fauna had a more northern origin, in Europe or Asia.

Two of the world's interesting mammals have lately become extinct without attracting attention. An English naturalist points out that the great straight-horned race of the Indian buffalo, which was occasionally met with 50 or 60 years ago, is no longer known. The other vanished form is the wolf of the Falkland Islands, a type of considerable importance, which seems to have been exterminated by strychnine about 30 years ago.

A well-known scientist, after making experiments, put forth the statement that the songs of birds do not change in quality as a result of change in emotion. After robbing nests he had waited and listened, allowing ample time for the male to learn of the spoliation. In each instance the male, upon returning to the empty nest, at once burst into song. Though the song possibly expressed sorrow or complaint, the watcher never noted any difference between it and the warbling he was accustomed to hear.

Slow Suicide.

"Don't you know that cigarettes are a slow poison?"

"Well, do you suppose I want to die in a hurry?"—Kansas City Star.

MIGHT HAVE SAVED IT.

A Lot of Trouble from Too Much Starchy Food.

A little boy of eight years whose parents did not feed him on the right kind of food, was always nervous and suffered from a weak condition of the stomach and bowels. Finally he was taken down with appendicitis and after the operation the doctor, knowing that his intestinal digestion was very weak, put him on Grape-Nuts twice a day.

He rapidly recovered and about two months thereafter, his Father states, "He has grown to be strong, muscular, and sleeps soundly, weighs 62 pounds, and his whole system is in a fine condition of health." Name given by Postum Co., Battle Creek, Mich.

It is plain that if he had been put on Grape-Nuts at an earlier period in his life, and kept from the use of foods that he could not digest, he never would have had appendicitis. That disease is caused by undigested food decaying in the stomach and bowels, causing irritation and making for the growth of all kinds of microbes, setting up a diseased condition which is the active cause of appendicitis, and this is more marked with people who do not properly digest white bread.

Grape-Nuts is made of the selected parts of wheat and barley and by the peculiar processes of the cooking at the factory, all of the starch is turned into sugar ready for immediate digestion and the more perfect nourishment of all parts of the body, particularly the brain and nerve centers.

Read the little book, "The Road to Wellville," found in each pkg.



HOW TO DRESS THE HAIR.

The Pompadour Still with Us, But It Is Not Worn So High as Formerly.

The coiffure is the puzzle of the hour to the feminine mind. Mme. la Mode has issued her edict that the pompadour with the rat must go, save for the grande dame with her white hair, patrician face and velvet gown. But for once the feminine world rebels.

The pompadour, properly dressed, gives a girl an air of distinction. Very few faces can stand hair demurely parted in the middle and knotted low on the nape of the neck. As a result the really clever girl works out a compromise between the high dressed hair and the low, while the girl who does not know how to do the correct thing clings to her pompadour in the front and drops her back hair on the nape of her neck—a combination which is startling, to say the least, and leaves an ugly space between pompadour and knot.

One of the most pleasing compromises shows the rat removed from the pompadour and the front hair Marcelled just as if the rat were to be used. It is then parted on the side (and, by the way, neither the right nor the left side is obligatory; a girl must study her face before deciding where to place the part), then the hair is drawn back lightly and knotted on the nape of the neck, but not too low.

Sometimes no part appears, but the pompadour, minus the rat, is waved in three puffs. These puffs are not tight, but the finger or comb is run through them to secure a light, fluffy, wave effect. One puff is drawn down slightly over the forehead, and the other two run back from the temples, or, if the face needs a different treatment, the three puffs run around the brow like a frame, fluffed and waved so that they practically overlap each other. With this dressing of the pompadour the hair may be worn in a flat figure eight on top of the head, or the waving may continue over the crown and back of the head and be caught in with the back hair in a figure eight on the nape of the neck. This figure eight should not extend below the junction of the collar with the gown.

SHAPING CHILD'S NOSE.

A Little Care Can Do Wonders in the Way of Changing This Feature.

The child's nose can be made as shapely as you please, but it must be molded day by day and squeezed and pressed into shape or it will not be as it ought to be.

Never let the nose become closed. Difficulty in breathing is sure to dilate the nostrils. They will stand out so as to spoil the symmetry of the face.

The way to mend it is by constant working upon it. Do not irritate it.



nor make it red, inflamed or sore. But at night, before going to bed, massage the sides of the nose, lifting it and pressing it into Grecian shape. The straight Grecian nose is the pretty nose of to-day. And the woman whose nose turns up or down, or lies flat, is the woman who needs to put in a little time massaging her nose.

Remember always that the cartilage is soft and that you can flatten the nose at a blow. In the same way, you can lift it and mold it into nice shape.

The eyebrows can always be made nice, and in the case of a little child the eyebrows are susceptible of much treatment. They can be curved and made as pretty as one would want to see.

WEIGHTS AND MEASURES.

Two cupfuls equal a pint.
Four cupfuls equal a quart.
One teaspoonful salt to one quart of soup.

One tablespoonful salt to two quarts of flour.
One pint of milk or water equals a pound.

Two cupfuls of solid butter equal one pound.

One teaspoon extract to one loaf of plain cake.
Sixteen tablespoonfuls liquid equal one cup.

One teaspoon of soda to one cupful of molasses.

Alternative Rulers.

Singleton—Who rules the house—you or your wife?

Wedderly—Neither. The baby and my wife's mother take turns at it.—Chicago News.

HOUSEWORK BENEFICIAL.

Vigorous Labor of the Home Good Physical Culture Exercise When Properly Followed.

Sweeping, dusting, scrubbing and all that must be done with the shoulders thrown back, but as a rule the first thing a woman does is to contract her shoulders. Then she grows narrow chested and wails over her shape lost in doing drudgery.

When sweeping, especially, bear in mind that one must stand straight. Then grasp the broom, and instead of doing work from the elbows down, as is so commonly the case, let the strokes be broad and firm, the strength coming from the shoulders. It is enough to bend the head to watch the broom; it is quite unnecessary to stoop, so says the Chicago Journal.

It will take a woman who has swept for a long time some practice to overcome the wrong way, and adapt herself to the right, but she can. And after a time she will find that her chest is broad-



ening, and her whole poise is better instead of being worse.

Dusting is an exercise that will do as much to teach a woman to lean properly as any that is taught in a gymnasium. Here again the thing to remember is that any leaning must be done from the waist, not from the shoulders.

In dusting the furniture of a whole room many different postures are taken, and if a woman cares enough about her looks to take a little pains she can learn a great deal about grace in bending sideways and down.

Done from the waist and hips it will develop the hips and give a good waist line.

One thing I would say here is that a woman cannot be too particular about having the windows open, so that she can get plenty of fresh air while doing housework.

The work is invigorating, and there should be good air taken into the lungs while they are supplying the body.

Moreover, cleaning, of course, makes a great deal of dust, and as much as possible this should be driven into a draught and so out, that it may not be taken into the system.

Scrubbing is one of the best exercises for developing the muscles of the arms and making the arms well rounded. It also calls the shoulder muscles into play and develops the chest so that a hollow neck will fill out to pretty lines.

The lungs are given opportunity to expand and the whole frame benefits.

Flowers and Plumage.

When a combination of tints is required, plumage is generally resorted to, flowers of a different color from the hat shape being mostly reserved for trimming under the brim. For this purpose, pink or yellow roses are often chosen, and also white and palest pink camellias, with their own green leaves. A somewhat daring harmony consists in the choice of two long ostrich tips, one of a bright rose pink, the other a brilliant copperish red, as trimming for a cigar-brown felt. I have also seen a dark moss-green felt hat trimmed with three tips, one turquoise blue, another saffron yellow and the third a lighter moss-green shade.

In both cases the feathers were fastened in front of the crown so as to curve slightly forward over the brim, which was turned up in front and flattened down behind. The brown hat had liberty ribbon to match, bound round the base of the crown, crossed at the back, where the ends passed through slits in the felt, to be knotted together lower down and hang in streamers over the shoulders.—Millinery Trade Review.

Housekeeper's Slate.

The housekeeper's slate is so useful that it is a wonder it was not thought of years ago. It will make a suitable and valuable gift to the bride. An older housekeeper might be glad of one for Christmas, and the gift, at the worst, may prove a bit of kitchen missionary work which is in most cases badly needed. Buy a good slate, one that is thick and well-finished. Take off the slate frame, if there is one, and have the slate framed in an attractive plain fleamish oak frame. Upon the back place screw eyes, two for hanging, one for a stout cord for the pencil, and one for another cord which holds a sponge.

Chatelaine Sewing Bag.

A sewing chatelaine can be made of satin ribbon two inches wide. The ends of the ribbon are sewed together and fasten to a large bow of ribbon. A spool of silk, glove mender, emery and a small pair of scissors are fastened to the ends of the ribbon. A dainty work bag can be made of a piece of silk. A round piece of cardboard, covered with silk, forms the bottom of the bag. The upper part is gathered with a drawing string and fastened to an oval bag top, in silver

TOO MUCH PROSPERITY.

Jewel of a Cook Uses Reward for Industry in Making Her Escape.

A young broker's wife had at last procured a cook with skill in her line and suburban staying powers. But the spell was broken by the husband while his wife was at the shore for a few weeks, relates the New York Sun.

"Selma," he said one day to the Norwegian jewel, "if you have a couple of hundred dollars saved up I'll double it on the street for you to-day." So the trusting servant turned over to the young broker \$150 of her year's saving. That night the broker returning home entered through the side gate. As he passed the kitchen door he saw the prize cook preparing dinner.

"Selma!" he called. "Look here! It's all yours. And he held up a roll of bills. "All for me!" she gasped. "How much is it?"

"Five hundred and forty dollars," said the broker.

"I work no more. I go back to Norway to-night." And grabbing the money she darted upstairs. The broker ate his dinner that night at a suburban restaurant, and now the couple have a city apartment.

CAUSE AND CURE OF RHEUMATISM.

Shown by Numerous Cures Made by Dodd's Kidney Pills—They Cure the Kidneys and the Rheumatism Cures Itself—Remarkable Case of Maggie E. Deckert.

Eagle River, Wis., Jan. 16th.—(Special)—That rheumatism is caused by disordered kidneys is proved by the cures Dodd's Kidney Pills are making in every state in the Union. They cure the Kidneys and the Rheumatism cures itself. A cure that has caused deep interest in this neighborhood is that of Maggie E. Deckert.

"I had kidney trouble and rheumatism, and was so lame I could not walk. I could not sleep, for I ached all over. I was in a terrible state and firmly believe that if I had not used Dodd's Kidney Pills I would be dead. I took nine boxes of them and they have done me more good than all the other medicines I ever took. Now my aches are all gone, I can eat and sleep and I am feeling good. I want all the world to know that Dodd's Kidney Pills cured me."

There is a story that gold has been discovered in Ireland. It is startling to think of how many citizens of the United States and New York policemen have run away from a good thing.—Cincinnati Enquirer.

FIFTEEN YEARS OF TORTURE.

Itching and Painful Sores Covered Head and Body—Cured in a Week by Cuticura.

"For fifteen years my scalp and forehead was one mass of sores, and my body was covered with sores. Words cannot express how I suffered from the itching and pain. I tried many doctors and treatments, but could get no help, and had given up hope when a friend told me to get Cuticura. After bathing with Cuticura Soap and applying Cuticura Ointment for three days, my head was as clear as ever, and to my surprise and joy, one cake of soap and one box of ointment made a complete cure in one week. (Signed) H. B. Franklin, 717 Washington St., Allegheny, Pa."

The Baltimore clergyman who inquires: "What shall we do with our old men?" labors under a misapprehension. The longevity and the precocity enjoyed by the present generation leave us neither old men nor children.—Washington Star.

Are You Going to Florida or New Orleans?

Tickets on sale via Queen & Crescent Route and Southern Railway to Florida, New Orleans and other points south at greatly reduced rates, good returning May 31st, 1905.

Also variable route tickets good going to points in Florida and Cuba via Atlanta, and returning via Asheville. For rates and other information address:—W. A. Becker, N. E. P. A., 113 Adams Street, Chicago, Ill.

D. P. Brown, N. E. P. A., 11 Fort Street, W. Detroit, Mich.

W. W. Dunnivant, T. P. A., Warren, Ohio.

W. C. Rinearson, G. P. A., Cincinnati, Ohio.

That man who is wasting his time in inventing thornless cacti and fadeless flowers ought to do something practical, and invent a headacheless Welsh rarebit.—Washington Post.

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Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

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Peanut Seed—
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Syrup—
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At 6 months old
35 Doses—35 CENTS

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Of Lydia E. Pinkham's Vegetable Compound, the Great Woman's Remedy for Woman's Ills.



No other female medicine in the world has received such widespread and unqualified endorsement.

No other medicine has such a record of cures of female troubles or such hosts of grateful friends as has

Lydia E. Pinkham's Vegetable Compound.

It will entirely cure the worst forms of Female Complaints, all Ovarian Troubles, Inflammation and Ulceration, Falling and Displacement of the Womb, and consequent Spinal Weakness, and is peculiarly adapted to the Change of Life.

It has cured more cases of Backache and Leucorrhoea than any other remedy the world has ever known. It is almost infallible in such cases. It dissolves and expels tumors from the Uterus in an early stage of development.

Irregular, Suppressed or Painful Menstruation, Weakness of the Stomach, Indigestion, Bloating, Flooding, Nervous Prostration, Headache, General Debility quickly yield to it. Womb troubles, causing pain, weight and backache, instantly relieved and permanently cured by its use. Under all circumstances it invigorates the female system, and is as harmless as water.

It quickly removes that Bearing-down Feeling, extreme lassitude, "don't care" and "want-to-be-left-alone" feeling, excitability, irritability, nervousness, Dizziness, Faintness, sleeplessness, flatulency, melancholy or the "blues" and headache. These are sure indications of Female Weakness, or some derangement of the Uterus, which this medicine always cures. Kidney Complaints and Backache, of either sex, the Vegetable Compound always cures.

Those women who refuse to accept anything else are rewarded a hundred thousand times, for they get what they want—a cure. Sold by Druggists everywhere. Refuse all substitutes.

Just in Time.

"Gracious! I can't find the right department," sighed the exhausted shopper. "Oh, my! I'm nearly dead."

"Undertaking department in the basement, ma'am," suggested the prompt and attentive floorwalker.—Philadelphia Press.

The 1905 Calendar of N. W. Ayer & Son, of Philadelphia, is 11x28 inches and designed for of or library. The color scheme is gray and white and is very harmonious. These calendars have enjoyed a steady sale for twenty-five years each; for this sum, which barely covers cost and postage, a calendar may be had as long as the edition lasts.

In England a man cannot marry his deceased wife's sister, but in this country he may marry his divorced brother's wife.—N. Y. World.

A Guaranteed Cure for Piles.
Itching, Blind, Bleeding or Protruding Piles. Your druggist will refund money if Pazo Ointment fails to cure in 6 to 14 days. 60c.

Pity the boy who, at his birth, is sentenced to idleness for life.—Chicago Record-Herald.

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, 1905.

The first successful flour mill was erected in London in 1764.

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The Kind You Have Always Bought

Bears the Signature of

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10,000 Plants for 16c.

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For 16 Cents Postpaid

1000 Early, Medium and Late Cabbages,
1000 First Prize Tomatoes,
1000 Standing Celery,
1000 Little Gem Lettuce,
1000 Spicelard Spinach,
1000 Kale Loosens Radishes,
1000 Giant Curly Brussels Sprouts.

Above seven packages contain sufficient seed to grow 100 plants of each of the above named vegetables. In addition, we will send you a copy of our great catalog, telling all about Flowers, Fruits, Small Fruits, etc., all for 16c in stamps and this notice.

Big 160-page catalog and 16c in stamps.

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