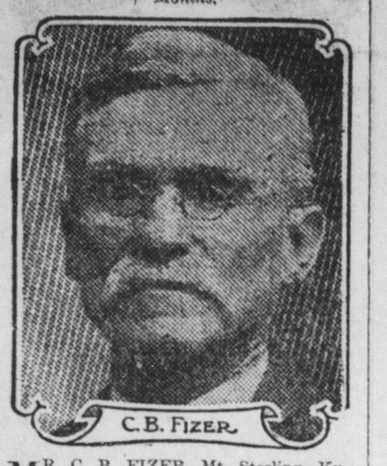
KIDNEY TROUBLE

Suffered Ten Years—Relieved In Three Months.



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

"*I have suffered with kidney and other 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 a pain.

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

Pe-ru-na For Kidney Trouble.

Mrs. 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.

Anxiety In The Army.

The commissioned personnel of the United States Army, or, at least, that part of it which is classed among the field officers of the special staff corps, is much disturbed over a discussion which is rife in the War Department. The question has been raised as to the extent of the application of the order issued some months ago by President Roosevelt requiring acrobatic horsemanship of all officers, especially of those of the field grades. This imposed upon colonels, lieutenant colonels and majors an activity in equestrianism which struck the military personnel as a dire visitation. It imposed upon obese as well as indolent officers a celerity and endurance which was nothing short of youthful gymnastics. It has occurred to someone that, perhaps, the order might not be relentlessly imposed upon the field officers of the special staff corps—that is to say, the surgeons, quartermasters and judges advocate, for instance, whose lives are sedentary and whose duties keep them in the large cities, where they do not have the facilities for horsemanship without patronizing the livery stable.

It must be admitted that military horsemanship under such conditions is distracted by the trolley car gong and the rumbling truck of commerce, and it is hoped by the officers most interested that they will be able to escape this exaction. On the other hand, it must be admitted that even the army commissary or the army quartermaster or the judge advocate of exalted rank is apt in time of war to be required to mount a horse and keep up with the commanding general's staff in the field. If the President's order meant anything, it must have been preparedness for war, and the Army will not be prepared unless these high-ranking staff officers do their uncomfortable turn on horseback.—Washington Herald.

PUTS THE "GINGER" IN.

The Kind of Food Used by Athletes.

A former college athlete, one of the long distance runners, began to lose his power of endurance. His experience with a change in food is interesting.

"While I was in training on the track athletic team my daily 'jogs' became a task, until after I was put on Grape-Nuts food for two meals a day. After using the Food for two weeks I felt like a new man. My digestion was perfect, nerves steady and I was full of energy.

"I trained for the mile and the half-mile runs (those events which require so much endurance) and then the long daily 'jogs,' which before had been such a task, were clipped off with ease. I won both events.

"The Grape-Nuts food put me in perfect condition and gave me my 'ginger.' Not only was my physical condition made perfect, and my weight increased, but my mind was made clear and vigorous so that I could get out my studies in about half the time formerly required. Now most all of the university men use Grape-Nuts, for they have learned its value, but I think my testimony will not be amiss and may perhaps help some one to learn how the best results can be obtained."

There's a reason for the effect of Grape-Nuts food on the human body and brain. The certain elements in wheat and barley are selected with special reference to their power for rebuilding the brain and nerve centres. The product is then carefully and scientifically prepared so as to make it easy of digestion. The physical and mental results are so apparent after two or three weeks' use as to produce a profound impression. Read "The Road to Wellville," in pkgs. "There's a reason."

UNCLE SAM LAUGHS LAST.

—Cartoon by Rogers, in the New York Herald.

FARMERS REBEL AT PURE MILK RULE

Health Department Says Hair on Cow's Tail and Flank Must Be Cut and Lights Put in Troughs--Clean Suits For Milkers.

Florida, N. Y.—Farmers in New York State are receiving from the New York Department of Health letters setting forth the requirements of the department necessary to insure a pure milk supply for the New York City market. The requirements run all the way from cleaning the window panes of the cowpen to cutting the cow's hair.

One farmer who had received a list of the department's requirements declares that if some of the rules are carried out there will be a serious shortage of milk in the market, as to obey orders would mean a great expense and require so much time attending to the animals that very little profit would result to the owners. The farmer said:

"While the price of milk for the coming six months by one big controlling concern has been advanced sixteen per cent. over last year's price, it must be taken into consideration that the price of the principal feeds has gone up twenty-five per cent."

The same man pointed out that to meet the requirements more help would be required and that all this would eat up the little profit that the cow raiser now makes. In addition it is hard to get competent help.

Too Early For Cleaning.

One requirement to which local farmers make strenuous objection is that requiring that the cowshed be thoroughly cleaned before the cows are milked. As the milking is done very early each morning, perhaps long before daylight, it can be seen that the cleaning process will be almost an impossibility. The farmer is not wealthy, and many of them have not the cash to make the required improvements about their premises.

"Where are our very small present profits to come in?" said an owner of several head after reading the department circular. "Where is the money to come from to put in a 'non-absorbent' floor and six-inch gutters with rounded corners of the non-absorbent material? Are we required to put in lights, so that the feeding troughs be lighted? I am unable to see where it insures pure milk to have the cow see what she is eating, or perhaps have the window clean so that she may gaze pensively over the barnyard while she chews her cud.

"Another requirement is that all the help be provided with clean suits when they go in to make the cows comfortable or relieve them of their milk. My wife would object to that, and farmers' wives never have much to do."

As a general thing the farmers do not believe that epidemic of disease has been caused by the condition of the milk they have sent to the market, and they consider that the Health Department's demands are beyond reason. Already some are determined not to send their milk to New York City, and are arranging to send it elsewhere or dispose of it locally.

Health Department's Requirements.

Some of the requirements of the New York Department of Health follow:

That the floors be constructed of concrete or some non-absorbent material.

That the floors be made water tight and properly graded.

That the drops or gutters be constructed of concrete, stone, or some non-absorbent material. That they be at least six inches in depth, with all corners rounded.

That the feeding troughs, platforms and cribs be well lighted and kept clean at all times.

That additional windows be installed in the cow barn to provide sufficient light. (Two square feet of window space for each cow to be the minimum).

That the window panes be washed and kept clean at all times.

That the walls and ledges be thoroughly swept down and kept free from dust, dirt or cobwebs at all times.

That an inspection of the herd by a veterinarian be made and a copy of his report forwarded to this department.

That the long hairs on the flanks and tail be clipped and kept short at all times.

That clean, special suits be provided for all the attendants engaged in the production and handling of milk.

That the milk at all times be strained at the milk house, and in an atmosphere free from dust or odors.

That the milk pails used be of the small-mouthed design, so constructed that they can be readily and thoroughly cleaned, and top opening not to exceed eight inches in diameter.

That racks be provided in some suitable place so as to expose the milk pails to the sun or to live steam.

That a milk house be built and located on elevated ground, with no hog pen within 100 feet.

The New York Health Department's instructions tell the farmer in conclusion that no milk on his premises will be permitted to be brought into the city of New York unless conditions are remedied within a certain time.

A NICE YOUNG MAN.

Oklahoma's Constitution is strictly prohibition.—News Item.

—Cartoon from the Pittsburg Press.

No Paper Money For The Indians.

"There are two traits about the American Indian that civilization and contact with his white brothers cannot overcome," said Frank L. Campbell, who has spent several years as a school teacher among the Sioux and has learned to know them well.

"Those peculiarities are his aversion to paper money and his appetite for dog. An Indian will never take paper money if he can avoid it. He wants it, in the language of the Sioux, 'muzza ska,' which translated means white iron. The red man cannot bring himself to believe that a small piece of printed paper can be worth as much or more than the metal itself. Strange to say, an Indian would also rather have 10 silver dollars than one 10-dollar gold piece. I do not know whether it is because the 10 pieces of money appear to be more or whether it is simply because he likes to jingle the coins.—Washington Post.

He Had Waited A Long Time.

Bill Nye, when a young man, once made an engagement with a lady to take her driving. The appointed day came, but at the livery stable all the horses were taken save one old, shaky, exceedingly gaunt beast. Mr. Nye hired it and drove to the friend's residence.

The lady kept him waiting nearly an hour before she was ready, and then, on viewing the shabby outfit, flatly refused to accompany Mr. Nye.

"Why," she exclaimed, "that horse may die of old age any moment!"

"Madam," Mr. Nye replied, "when I arrived that horse was a prancing young colt."—Exchange.

Real Black.

"I want to get a ribbon for my typewriting machine," said the author.

"All right, sir," replied the polite clerk. "What color—blue, purple or black record?"

"Well, er—I guess you better give me black record. I am going to write up the past of a Pittsburg millionaire."—Chicago News.

What He Knew.

Master—If your friend borrows 1,000 francs, agreeing to pay 50 francs a month, how much will he owe at the end of the year?

Pupil—A thousand francs.

"You don't know the elements of arithmetic."

"That may be, but I know my friend."—Il Moitoper Rider.

A MISSOURI WOMAN

Tells a Story of Awful Suffering and Wonderful Relief.

Mrs. J. D. Johnson, of 603 West Hickman St., Columbia, Mo., says:

"Following an operation two years ago, dropsy set in, and my left side was so swollen the doctor said he would have to tap out the water. There was constant pain and a gurgling sensation around my heart, and I could not raise my arm above my head. The kidney action was disordered and passages of the secretions too frequent. On the advice of my husband I began using Doan's Kidney Pills. Since using two boxes my trouble has not reappeared. This is wonderful, after suffering two years."

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

The Harvest Of The Wtaers.

One of the problems of the times which come close to the average family's comfort and well-being is the price of food. It is safe to say that in millions of American homes there is more concern over the cost of meat and other staples than there is on account of the relations between the national government and the railroads, or even the recent attacks upon the trusts. In the nature of things the outlook is not encouraging. As the country fills up and the population increases, relatively to the land area which can be utilized, the need of making the most effective use of the fields will tend to cut down the number of domestic animals raised for food, in proportion to the number of inhabitants. The cattle and sheep ranges of the West will grow more valuable, and hence the beef and mutton they yield will become more costly in the retail markets.

These inevitable changes point to a gradual rise in the price of flesh foods. There will be many fluctuations but the general course will be upward. It will put an increasing premium upon poultry and eggs and fish. It directs attention now to the great possibilities of the seas, the lakes, the rivers and even the ponds as sources of food. The water spaces large enough for food fishes will not be widened. There will not be more lakes or oceans. But it is certain that those which exist already can be made far more productive than they are now. It is beyond question that science can show how the food harvest of the waters may be increased perhaps tenfold. It is only necessary for the governments interested to use their powers wisely.—Cleveland Leader.

A Variation.

"Your husband frequently misses his dinner," said one woman.

"Yes," answered the other. "Whenever there is a ball game in town devotes himself to finding fault with the umpire instead of with the cook."—Washington Star.

Not A Taft.

Mistress—I want a girl for general housework; some one who is strong and willing and will do everything.

Bridget—Do yez take me for a Taft?—The Wasp.

TUMORS CONQUERED

Overwhelming Proof that Lydia E. Pinkham's Vegetable Compound Succeeds.

One of the greatest triumphs of Lydia E. Pinkham's Vegetable Compound is the conquering of woman's dread enemy Tumor,

The growth of a tumor is so insidious that frequently its presence is wholly unsuspected until it is well advanced.

So called "wandering pains" may come from its early stages or the presence of danger may be made manifest by excessive monthly periods accompanied by unusual pain, from the abdomen through the groin and thigh.

If you have mysterious pains, if there are indications of inflammation or displacements, secure a bottle of Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, right away and begin its use.

The following letters should convince every suffering woman of its virtue, and that it actually does conquer tumors.

Mrs. May Fry, of 836 W. Colfax Ave., South Bend, Ind., writes:

Dear Mrs. Pinkham:—

"I take great pleasure in writing to thank you for what Lydia E. Pinkham's Vegetable Compound has done for me. I also took the Blood Purifier in alternate doses with the Compound. Your medicine removed a cyst tumor of four years' growth, which three of the best physicians declared I had. They had said that only an operation could help me. I am very thankful that I followed a friend's advice and took your medicine. It has made me a strong and well woman and I shall recommend it as long as I live."

Mrs. E. F. Hayes, of 26 Ruggles St., Boston, Mass., writes:

Dear Mrs. Pinkham:—

"I have been under different doctors' treatment for a long time without relief. They told me I had a fibroid tumor, my abdomen was swollen and I suffered with great pain. I wrote to you for advice, you replied and I followed your directions carefully and today I am a well women. Lydia E. Pinkham's Vegetable Compound expelled the tumor and strengthened my whole system."

Mrs. Perry Byers, of Mt. Pleasant, Iowa, writes:

Dear Mrs. Pinkham:—

"I was told by my physician that I had a fibroid tumor and that I would have to be operated upon. I wrote to you for advice, which I followed carefully and took Lydia E. Pinkham's Vegetable Compound. I am not only cured of the tumor but other female troubles and can do all my own work after eight years of suffering."

Mrs. S. J. Barber, of Scott, N. Y. writes:

Dear Mrs. Pinkham:—

"Sometime ago I wrote you for advice about a tumor which the doctors thought would have to be removed. Instead I took Lydia E. Pinkham's Vegetable Compound and to-day am a well woman."

Mrs. M. M. Funk, Vandergrift, Pa., writes:

Dear Mrs. Pinkham:—

"I had a tumor and Lydia E. Pinkham's Vegetable Compound removed it for me after two doctors had given me up. I was sick four years before I began to take the Compound. I now recommend Lydia E Pinkham's Vegetable Compound far and near."

Such testimony as above is convincing evidence that Lydia E. Pinkham's Vegetable Compound stands without a peer as a remedy for Tumor Growths as well as other distressing ills of women, and such symptoms as Bearing-down Sensations, Displacements, Irregularities and Backache, etc. Women should remember that it is Lydia E. Pinkham's Vegetable Compound that is curing so many women. Don't forget to insist upon it when some druggist asks you to accept something else which he calls "just as good."

Mrs. Pinkham's Invitation to Women.

Women suffering from any form of female weakness are invited to write Mrs. Pinkham, Lynn, Mass., for advice. She is the Mrs. Pinkham who has been advising sick women free of charge for more than twenty years, and before that she assisted her mother-in-law, Lydia E. Pinkham in advising. Thus she is especially well qualified to guide sick women back to health.

W. L. DOUGLAS

$3.00 & $3.50 SHOES BEST IN THE WORLD

SHOES FOR EVERY MEMBER OF THE FAMILY, AT ALL PRICES.

$25,000 Reward *To any one who can prove W. L. Douglas does not make & sell more Men's $3 & $3.50 shoes than any other manufacturer.*

THE REASON W. L. Douglas shoes are worn by more people in all walks of life than any other make, is because of their excellent style, easy-fitting, and superior wearing qualities. The selection of the leathers and other materials for each part of the shoe, and every detail of the making is looked after by the most complete organization of superintendents, foremen and skilled shoemakers, who receive the highest wages paid in the shoe industry, and whose workmanship cannot be excelled.

If I could take you into my large factories at Brockton, Mass., and show you how carefully W. L. Douglas shoes are made, you would then understand why they hold their shape, fit better, wear longer and are of greater value than any other make.

My $4.00 and $5.00 Gilt Edge Shoes cannot be equalled at any price.

CAUTION! The genuine have W. L. Douglas name and price stamped on bottom. Take No Substitute. Ask your dealer for W. L. Douglas shoes. If he cannot supply you, send direct to factory. Shoes sent everywhere by mail. Catalog free. W. L. Douglas, Brockton, Mass.

The Price Of The Birds.

Vulgar Millionaire—Yes, I assure you, these birds cost me three dollars each. Have some more, Spooner?

Spooner (handing in his plate)—Yes, thanks please give me about fifty cents' worth.—Puck.

FITS, St. Vitus' Dance: Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. $2 trial bottle and treatise free. Dr. H. R. Kline, Ld., 931 Arch St., Phila., Pa.

The Pharos of Alexandria, founded about 300 B C., is the first building elected as a lighthouse of which there is any authentic record.

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, 75c. per bottle. Sold by all Druggists. Take Hall's Family Pills for constipation.

Edward Yates, who recently died in Walworth, England, leaving a fortune of $5,000,000 in real estate in and about London, began business life as a poor bricklayer.

FIFTEEN YEARS OF ECZEMA.

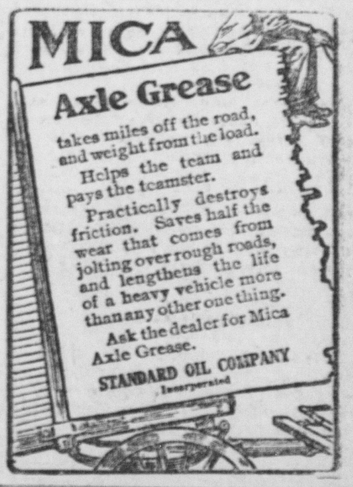
Terrible Itching Prevented Sleep—Hands, Arms, and Legs Affected—Cured in 6 Days by Cuticura.

"I had eczema nearly fifteen years. The affected parts were my hands, arms and legs. They were the worst in the winter time and were always itchy, and I could not keep from scratching them. I had to keep both hands bandaged all the time, and at night I would have to scratch through the bandages as the itching was so severe, and at times I would have to tear everything off my hands to scratch the skin. I could not rest or sleep. I had several physicians treat me, but they could not give me a permanent cure, nor even could they stop the itching. After using the Cuticura Soap, one box Cuticura Ointment and two bottles Cuticura Resolvent for about six days the itching had ceased, and now the sores have disappeared, and I never felt better in my life than I do now. Edward Worell, Band 30th, U. S. Infantry, Fort Crook, Nebraska."

The more money a man could spend if he had it the less he has it.

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

The price of popularity is a willingness to be bored.



FREE To convince any woman that Paxtine Antiseptic will improve her health and do all we claim for it. We will send her absolutely free a large trial box of Paxtine with book of instructions and genuine testimonials. Send your name and address on a postal card.

PAXTINE cleanses and heals mucous membrane affections, such as nasal catarrh, pelvic catarrh and inflammation caused by feminine ills; sore eyes, sore throat and mouth, by direct local treatment. Its curative power over these troubles is extraordinary and gives immediate relief. Thousands of women are using and recommending it every day. 50 cents at druggists or by mail. Remember, however, IT COSTS YOU NOTHING TO TRY IT. THE R. PAXTON CO., Boston, Mass.

FREE A GRAPHIC STORY of the **WONDER**

Great Sensational GOLD AND SILVER CAMP, of WONDER NEVADA. Millions made and to be made.

WESTERN FINANCE COMPANY, 969 BROADWAY, OAKLAND, California.

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DROPSY NEW DISCOVERY; gives quick relief and cures worst cases. Book of testimonials, and 10 Days' treatment free. Dr. H. H. GREEN'S SONS, Box B, Atlanta, Ga.

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PUTNAM FADELESS DYES

Color more goods brighter and faster colors than any other dye. One 10c. package colors all fibers. They dye in cold water better than any other dye. You can dye any garment without ripping apart. Write for free booklet—How to Dye, Bleach and Mix Colors. MONROE DRUG CO., Quincy, Illinois.