

BIRMINGHAM CITIZEN SWEARS TO REMARKABLE STATEMENT

I want to tell you what Dr. Kilmer's Swamp-Root did for my wife. She was troubled with terrible pains in her back and they were such that it deprived her of many night's sleep. There was a thick red sediment in her urine like brick dust. The passage of the urine was very annoying, being of a burning sensation and the complication was making her very thin and weak. The medicine which the doctor gave her did not seem to help her and she was finally persuaded to try Dr. Kilmer's Swamp-Root. I purchased one bottle of the large size for her and it helped her greatly. After she had taken three bottles she did not have any more trouble with her kidneys. It has been seven years since she took Swamp-Root and she is now well and healthy. At the time of her kidney trouble, she weighed 150 pounds, and she now weighs 185. My wife is 32 years of age and cheerfully recommends Dr. Kilmer's Swamp-Root to her friends and feels very thankful that she found a remedy, with such wonderful merit.

We give you absolute permission to publish this in any way you wish.

Yours very truly,
D. R. RIDENHOUR,
Cor. 4th Ave. and 20th St.
Birmingham, Ala.

State of Alabama }
Jefferson County }
I, E. G. Stevens, a Notary Public in and for said State and County, certify that D. R. Ridenhour, known to me as such, personally appeared before me this 31st day of July, 1909, and made oath that the above statement was true in substance and fact.

E. G. STEVENS,
Notary Public.

Prove What Swamp-Root Will Do For You
Send to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. It will convince anyone. You will also receive a booklet of valuable information, telling all about the kidneys and bladder. When writing, be sure and mention this paper. For sale at all drug stores. Price fifty-cent and one-dollar.

The Kind.
"I think that chauffeur had great nerve to make love to his employer's daughter."
"So he had—motor nerve."

Some people would drown with a life preserver at hand. They are the kind that suffer from Rheumatism and Neuralgia when they can get Hamline Wizard Oil, the best of all pain remedies.

A Sounding Name.
"Who is that girl in furs who seems to be the big scream?"
"She? Oh, she's our sleigh belle."

Constipation causes and aggravates many serious diseases. It is thoroughly cured by Dr. Pierce's Pleasant Pellets. The favorite family laxative.

On the Ties.
First Thespian—Walking home?
Second Thespian—Yes, the railroad cars are insufficiently heated.

H. H. Green's Sons, of Atlanta, Ga., are the only successful Dropsy Specialists in the world. See their liberal advertisement in another column of this paper.

Answered.
"How can I keep a husband's love?"
"Have you tried cold storage?"

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

No one can measure the fortune of the man who leaves many friends.



Mexican Mustang Liniment

FOR SORE THROAT.
It penetrates quickly, removes all inflammation and reduces the swelling of the glands. To obtain best results saturate a linen bandage and bind about the throat a few hours or over night, repeating next day if in a severe case.

H. A. Caesar, Gibsland, La., writes:—"I shall today buy another bottle of your Mexican Mustang Liniment, the first bottle having done the old lady so much good. She has been troubled with sore throat, and your liniment does her more good than anything else she has tried."

25c, 50c, \$1 a bottle at Drug & Gen'l Stores.

No Matter

what Liver or Bowel medicine you are using, stop it now. Get a 10c box—week's treatment—of CAS-CARETS today from your druggist and learn how easily, naturally and delightfully your liver can be made to work, and your bowels move every day. There's new life in every box. CAS-CARETS are nature's helper. You will see the difference!

CAS-CARETS are a box for a week's treatment, all druggists, biggest seller in the world. Million boxes a month.

all affiliated with
2500 0700, 1000

REMEMBER

PISO'S

for COUGHS & COLDS

COMMERCIAL

Weekly Review of Trade and Market Reports.

Bradstreet's says:
"Holiday influences ruled the week and active demand at retail contracts with preinventory quiet in wholesale and jobbing trade, a further slowing down in industry over the end of the year period, and stagnant speculation in securities and commodities. Money has eased, while supplies have increased. Collections have been slightly quickened by increased circulation of money in leading centers. Weather conditions have imparted activity to the coal trade, but no scarcity is reported. Foreign demand for American wheat has apparently set in strongly at the Pacific Coast and shipments to long absent customers, such as France and Asia, have been the heaviest in years.

Relatively best reports as to current trade come from a few large Western centers and as a whole from the South, where good results from high priced cotton yields are in evidence.

Wholesale Markets

NEW YORK—Wheat—Spot firm; No. 2 red, 98 1/4 elevator and 97 1/4 f o b afloat; No. 1 Northern Duluth, 118 1/4 f o b afloat.

Corn—Spot firm; No. 2 new, 52 1/4 nominal, f o b. Futures market was without transactions, closing unchanged to 1/4 net lower. December closed 55; May, 56.

Oats—Spot steady. Futures market was without transactions, closing 1/4 decline to 1/4 advance. December closed 38c; May, 39 1/2; July, 39 1/2.

Butter—Process, second to special, 20 @ 25 1/2 c.
Eggs—Firm; receipts, 8,032 cases. State, Pennsylvania and nearby hennery white, 40 @ 48; do, gathered brown, 40 @ 42; do, gathered brown, 38 @ 40.

Poultry, alive, dull. Western chickens, 11 1/2 @ 12c; fowls, 13 1/2 @ 14; turkeys, 20. Dressed easy; Western chickens, 12 @ 18 1/2 c; fowls, 12 @ 15 1/2; turkeys, 18 @ 23.

PHILADELPHIA—Wheat 1/2 c higher; contract grade, No. 2 red, in export elevator, 94 @ 95c.
Corn dull; December, 49 1/4 @ 50 1/4 c; January, 49 @ 49 1/4 c.
Oats steady; No. 2 white, natural, 38 1/2 c.

Eggs 2c higher; Pennsylvania and other nearby firsts, f c, 37 at mark; do, current receipts, in returnable cases, 35c at mark; Western firsts, f c, 37 at mark; do, current receipts, f c, 35 at mark.

Cheese firm; New York full cream, fancy September, 15 1/2 c; do, October, 14 1/2 @ 15; do, fair to good, 14 @ 14 1/2 c.

Live poultry firmer; fowls, 12 @ 13 1/2 c; old roosters, 10 @ 10 1/2 c; spring chickens, 12 @ 12 1/2 c; ducks, 15 @ 16; geese, 14 @ 15; turkeys, 20 @ 21.

BALTIMORE—Wheat—No. 2 red Western, 96; contract, 96; No. 3 red, 94; steamer No. 2 red, 92; steamer No. 2 red, Western, 92.
Corn—Spot, 50 1/4 @ 50 1/2 c; year, 50 @ 50 1/4; January, 50 @ 50 1/4; February, 50 @ 50 1/4; March, 50 1/2 @ 50 1/2; April, 51 1/2.

Oats—No. 2 white, 38 @ 38 1/2; standard white, 37 1/2 @ 38; No. 3 white, 37 1/2 @ 37 1/2; No. 4 white, 37 1/2 @ 37 1/2.

Hay—No. 1, \$20 @ 20.50; No. 2 \$19 @ 19.50; No. 3, \$16 @ 18. Clover Mixed—Choice, \$18.50 @ 19; No. 1, \$17.50 @ 18.50; No. 2, \$14 @ 16.50. Clover—No. 1, \$16 @ 16.50; No. 2, \$13 @ 15.

Butter—Creamery, fancy, 31 1/2 @ 32c; do, choice, 28 @ 29; do, good, 26 @ 27; do, imitation, 22 @ 24; do, prints, 31 @ 32; do, blocks, 30 @ 31; do, held, 29 @ 30. Ladies, 21 @ 23c. Maryland and Pennsylvania rolls, 21 @ 22c. Ohio, rolls, 20 @ 22c. West Virginia rolls, 20 @ 22c. Storepacked, 19 @ 20c. Maryland, Virginia and Pennsylvania, dairy prints, 19 @ 21c. Process butter, 26 @ 27.

Eggs—Strictly fresh eggs in fair demand and prices unchanged. We quote per doz, loss off: Maryland, Pennsylvania and nearby, firsts, 33c; Western, firsts, 33; West Virginia, firsts, 32; Southern, firsts, 31; guinea, 16 @ 17.

Live Poultry—Chickens—Old hens, heavy, 12c; do, small to medium, 11; young choice, 12; rough and poor, 10; old roosters, 8. Ducks—Old, 12 @ 13c; young white Pekings, 14; young muscovy and mongrel, 13; puddle, 13 @ 14. Geese—Nearby, 13c; Western and Southern, 12 @ 13; Kent Island, 15. Pigeons—Young, per pair, 20c; old, per pair, 20. Guinea fowl, each—Old 25c; young, 1 1/2 lb and over, 40; young, small, 25. Turkeys, per lb—Young, 8 lb and over, 20c; old toms, 18; rough and poor, 12 @ 13.

Live Stock

CHICAGO—Cattle—Beaves, \$4.65 @ 7.30; Texas steers, \$4.25 @ 5.30; Western steers, \$4.10 @ 6.00; stockers and feeders, \$3.45 @ 5.80; cows and heifers, \$2.50 @ 6.25; calves, \$7.25 @ 8.50.

Hogs—Market weak to 5c lower than the opening. Light, \$7.55 @ 7.90; sized, \$7.30 @ 7.95; heavy, \$7.55 @ 7.95; rough, \$7.55 @ 7.70; good to choice heavy, \$7.70 @ 7.95; pigs, \$2.00 @ 7.90.

COMING HIS WAY.



"What luck, my boy?"
"Oh! pretty fair. I got six winders, two lamp posts and one silk hat already."

Young Age Pensions.

Young age pensions! Why not? Titles, honors, riches, pensions and most other good things are, as a rule, postponed to a period of life when the capacity for enjoying them has been blunted. Australia was one of the first countries to adopt old-age pensions, and now a Labor member of the commonwealth parliament proposes a complementary scheme of young age pensions. He would start by pensioning the fourth child at birth. The fact that three had previously been born showed that the parents were doing their duty and deserving well of the state. The young age pension would "reward industry and encourage the birth rate."—London Chronicle.

Left Both Satisfied.

It all happened on one of those few surviving pay-after-you-enter cars. "Oh, I insist on paying, Gladys," said the brunette. "You paid coming down."

"No, I shall pay," declared Gladys with equal firmness. "What if I did pay coming down—didn't you buy that last package of gum?"

"Let me settle the quarrel, ladies," suggested the diplomatic conductor. "Why not use the denatured form of Dutch treat?"

"What's that?"
"Well, you each pay the other's fare."
And that was the way they solved it.—Cleveland Leader.

On the Dog.

A small West Philadelphia boy may be an author some day. He has just finished his first essay. It is on a dog. "A dog is an animal with four legs, a tail and pants but he never changes them. He wags his tail when he is glad and sits on it when he is sorry. A dog is a useful animal because he bites burglars but he is more trouble than he is worth when he tracks mud on the carpet. A bulldog is the king of beasts."

His Specialty.

"What has become of young Mr. D'Auber, who showed such signs of talent in drawing? Has he made a success?"
"Oh, yes—indeed. He's got all the work he can do now."

"Magazine or sudo work?"
"He draws the maltese cross showing where the body was found, in the evening papers."—Cleveland Leader.

The Patient Townsman.

"So you got to work in spite of the snow drifts?"
"Yes, but I don't see why the city folks should not follow the example of country people and put up a strong kick for good roads."

Ended the Controversy.
On the steeple of an old Universalist church in Bath, Me., there is a wooden figure of an angel. It is not a remarkably fine specimen of art, and has always been somewhat laughed about, especially because of its high-heeled shoes. The Bath Enquirer recalls the story that a former pastor of the North Congregational church once accented a devoted Universalist with the question: "Mr. Raymond, did you ever see an angel with high-heeled shoes on its feet?" "Why, no," answered Mr. Raymond, "I can't say that I ever did; but did you ever see one without them?"

Old Women in Maine.
Gray has a quintet of ladies whose age is over ninety years. Mrs. Enoch Merrill's age is ninety-nine years and eleven months, while Mrs. Lois B. Small reached her ninety-eighth birthday on November 6, and both these ladies are bright and active. Mrs. Mary A. Frank was ninety-six last September, and is in her usual health. Mrs. Hannah T. Rowe is ninety-one; Mrs. Mary Leighton also is ninety-one.—Kennebec Journal.



Discouraged

The expression occurs so many times in letters from sick women, "I was completely discouraged." And there is always good reason for the discouragement. Years of pain and suffering. Doctor after doctor tried in vain. Medicines doing no lasting good. It is no wonder that the woman feels discouraged.

Thousands of these weak and sick women have found health and courage regained as the result of the use of

Dr. Pierce's Favorite Prescription.

It establishes regularity, heals inflammation and ulceration, and cures weakness.

IT MAKES WEAK WOMEN STRONG AND SICK WOMEN WELL.

Refuse substitutes offered by unscrupulous druggists for this reliable remedy.

Sick women are invited to consult by letter, free. All correspondence strictly private and sacredly confidential. Write without fear and without fee to World's Dispensary, R. V. Pierce, M. D., Pres't, Buffalo, N. Y.

Dr. Pierce's Pleasant Pellets regulate and invigorate stomach, liver and bowels. Sugar-coated, tiny granules, easy to take as candy.

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 bag garments without ripping apart. Write for free booklet—How to Dye, Bleach and Mix Colors. **MONROE DRUG CO., Quincy, Illinois.**

GOT HIS SOBRIQUET EARLY

"Honest John" Kelly Proved His Right to the Title Long Before Manhood.

There have been many stories about the manner in which "Honest John" Kelly, the ex-umpire, first got his nickname. Mr. Kelly himself, according to a New York letter, holds that it came to him naturally, for even as a small boy the purity of his soul shone through his face. "I think the first time I was ever called 'Honest John' was when I was quite a youngster," said Kelly. "A man engaged as an ambulatory salesman of tinware observed the ingenuous countenance I presented to the world and hailed me. 'You look honest, boy,' said he. 'What might your name be?' 'John,' said I, quite simply. 'John'—just like that. 'Then hold my horse while I go in the saloon and get a drink,' said he. And so I held his horse while he went in the saloon and got a drink. But this was on lower Ninth avenue, in a day when the avenue's honors went to the man who could clean the most cops in a given time. By and by the gang came along and beheld that wagon full of tinware. The peddler was detained within by a sore throat, and they took the tinware. And then they came back and took the cushions off the wagon. Eventually, he was coming darning, they unhitched the wagon and took it away. True to my trust, I stood there, holding the horse."

IDENTIFIED.



Stranger—My lad, I'm looking for a Mr. John Smith—
Kid—I'm Mr. John Smith.

Hard-Hearted Judge.
The Sympathetic Pal—Wotcher, Bill! You looks bad; been laid up?
Bill—Yes, sort of. 'Avent been outer doors for three munfs.

The Sympathetic Pal—Wot was the matter wif yer?
Bill—Nuffin'; only the judge wouldn't believe it.—The Sketch.

REALLY OPENED THEIR EYES

Parishioner's Remark, However, Left Young Minister Somewhat in the Dark.

Rev. Henry R. Rose in the Newark Star tells the story of a young minister who had recently taken charge of a small parish in Vermont. He aspired to greater things and a large field, and in the hope that his reputation would travel beyond the limits of the village to which he had been sent he threw into his sermons all the force and eloquence at his command. He was, however, totally unprepared for what was intended for a compliment, but which was put to him in such a way that it left him in doubt as to the real impression he had made. One Sunday morning, after an especially brilliant effort, he was greeted by an old lady, who was one of the most faithful attendants at all services. Approaching the young minister, she said: "Ah, sir, we do enjoy your sermons so much, they are so instructive. Do you believe it, we never knew what sin was until you came to the parish."

Same Thing.
Joakley—You're right; most people worry over what they haven't got, but I know certain people who worry because of what they have.

Coakley—That so? What have they?
Joakley—Nothing.—The Catholic Standard and Times.

Now About Clean Food

Another Splendid Opportunity to Bring Out Facts

When the "Weekly" which sued us for libel (because we publicly denounced them for an editorial attack on our claims) was searching for some "weak spot," they thought best to send a N. Y. Atty. to Battle Creek, summoned 25 of our workmen and took their sworn statements before a Commissioner.

Did we object? No. On the contrary, we helped all we could, for the opportunity was too good to be lost.

Geo. Haines testified he inspected the wheat and barley, also floors and every part of the factories to know things were kept clean. That every 30 minutes a sample of the products was taken and inspected to keep the food up to standard and keep out any impurities, also that it is the duty of every man in the factories to see that anything not right is immediately reported. Has been with the Co. 10 years.

Edward Young testified had been with Co. 15 years. Inspector, he and his men examined every sack and car of wheat and barley to see they were up to standard and rejected many cars.

H. E. Burt, Supt., testified has been with Co. over 13 years. Bought only the best grain obtainable. That the Co. kept a corps of men who do nothing but keep things clean, bright and polished.

Testified that no ingredient went into Grape-Nuts and Postum except those printed in the advertising. No possibility of any foreign things getting into the foods as most of the machinery is kept closed. Asked if the factory is open to the public, said "yes" and "it took from two to three guides constantly to show visitors through the works." Said none of the processes were carried on behind closed doors.

At this point attys. for the "Weekly" tried to show the water used was from some outside source. Testified the water came from Co.'s own artesian wells and was pure.

He testified the workmen were first-class, high-grade and inspected by the Co.'s physician to be sure they were all in proper physical condition; also testified that state reports showed that Co. pays better wages than the average and he thought higher than any in the state.

F. B. Martin, Asst. Supt., testified Grape-Nuts made of wheat, barley, yeast and water. Anything else? "No, sir." Postum made of Wheat, Wheat Bran and New Orleans Molasses. Statements made on his experience of about 10 years with Co.

Testified bakers are required to wear fresh white suits, changed every other day. Said had never known any of the products being sent out that were below the high standard of inspection. Asked if any one connected with the Postum Co. had instructed him how to testify. Said, "No, sir."

Horace Brown testified has been with Co. 9 years. Worked in Grape-Nuts bake shop. Testified the whole of the flour is composed of Wheat and Barley. Attys. tried to confuse him, but he insisted that any casual visitor could see that nothing else went into the flour. Said machinery and floors always kept clean.

So these men were examined by the "Weekly" lawyers hoping to find at least one who would say that some under-grade grain was put in or some unclean condition was found somewhere.

But it was no use. Each and every man testified to the purity and cleanliness.

As a sample, take the testimony of Luther W. Mayo. Testified been with Company about 10 years. Now working in the bakery department making Grape-Nuts. Testified that the ovens and floors are kept clean and the raw products as they go in are kept clean. Also that the wearing apparel of the employes has to be changed three times a week.

Q. Do you use Postum or Grape-Nuts yourself at all?
A. Yes, I use them at home.

Q. If from your knowledge of the factory which you have gained in your ten years at the factory you believed that they were dirty or impure in any way, would you use them?
A. I do not think I would. No.

Asked if any one on behalf of the Company had asked him to testify in any particular manner. Stated "No."

All these sworn depositions were carefully excluded from the testimony at the trial, for they wouldn't sound well for the "Weekly."

Think of the fact that every man sworn to the purity and cleanliness so that the Atty. for the "Weekly" was forced to say in open court that the food was pure and good.

What a disappointment for the "Weekly!" But the testimony showed:
All of the grain used in Grape-Nuts, Postum and Post Toasties is the highest standard possible to obtain.

All parts of the factory are kept scrupulously clean.
None of the workmen had been told how to testify.
Most of them have been from 10 to 15 years with the Co. and use the products on their tables at home.
Why do their families use the products, Grape-Nuts, Postum and Post Toasties, that they themselves, make?

"There's a Reason"

Postum Cereal Co., Ltd.,

Battle Creek, Mich.