

If YOU HAVE

## Tutt's Pills

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 The colfee drinker seldom realizes
that confee contains the drug, caffelne.
a severe poisonn to the heart and
 use. (Tea is just as injurifous as cof-
tee because tit too, contains caffeine,
the same drug found in coffee.)
At Afrat I was troubled with indige-
tion I did not attribute the trouble
to the uise of corfee, but thought it to the use of coffee, but thought it
arose from other causes. With these
attacks I had sick headiche, nausea
and vomiting sinnely my stomach
FWas in
was ly retain any food.
I consulted a physician; was told
ell my trubles ame from indiges-
tion butt was not finformed what all my troubles came from indiges
tion, but was not informed what
caused the indgestion. I kept on with
the coffee, snd kept on wth the trou-
the bles, too, and my case conttrued to to
grow worse from year to year unt|l $1 t$
developed into chronic diarrhea, nau sea and severe attacks of vomiting,
could keep nothing on my stomach 159 to 128 pounds.
"A specialist informed me 1 had a
very severe case of catarrh of the
stomach, whlch had got so bad he could do nothing for me, and I became
convinced my days were numbered.
iThen I chanced to see an article ting forth the good qualities of Postum
and explaning how coffee injured people so 1 concluded to give Postum a
trial 1 I soon amw the godedects-my
headaches were less Irequent, nausea and vomiting only came on at long in-
tervals and I was soon a changed man,
feeling much better I thought I could stand coffee again, hut as soon as 1 tried it my oid
troubles returned and 1 again turned
to Postum. Would you belleve it, 1 to Postum, Would y you belleve it, 1
did this three trmes belore Ibad sense
denough to quit coffee for good and enoup on with the Postum. I I am now a
keell man with no more headnches stomach or vomiting, and have al
ready gained back to 147 pound Name given by Postum Co., Battle
Battle Creek, Milch,
Look in phgs, for the famous ittle $\pm=5=5$

## WOME BALKEE AT LEAP TO LIFEBOA

Cause of Many Being Left Ex plained at Hearing.

INDIVIDUAL EXAMINATIONS




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 Bed ord, Ind. Mrs. Willum Ping
stot and tatall wounded her hutanad
while seated the dinner table and
then shot herself. Both will die. It Snculled Oysters Aboard. Annapolis.-Justlce Davis Jmposed
a fine and conts on Allen Shelton
master of the veseel Lottie M. Lerch
of Dorchester county, for having un
culled oysters in his possession.
 Hee fund for the Titanter crosvivors and
families of the sallors who perishe famillies of the sallors who perished
was $\$ 750,000$ at noon Friday. Tornado Kills Four. Wichita, Kan.-The tornado that
swept along the Kansas-Oklahoma line left four dead and many injured.
Seventy-five houses were demolished. In one section of the state houses were blown over,
rallroads and telegraph whres put out of commission and general havoo
caused. At Ponca City the wind caused. At Ponca city the wind
mowed a path 200 yards wide through
the outer edge of the

## COMMERCIAL

Weekly Review of Trade and Market Reports

| Baltimore-Wheat-May, 1104 nominal: spot ${ }^{2}$ No. 2 red, 109 nominal: No. 2 red Western, nominal: Aprill 1099/2 nominal; $J u l$ |
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When Your Eyes Need Care



THE SECRET OF LONG LIFE.

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