
hands would crack open ABout two months ago my hands
started to rocke open and bleed, the
skin would scale on and Would burn and itch dreadfully. When
my hands first tstarted to get sore
there were smant blisters like water
these dreadfully, it fust semed as though
I could tear the skin all ofr. I would
scratch them and the slat
$\qquad$
$\qquad$


Cement Talk No. 4
We will send you free upon request, a handsome 116 page entitled "'Concrete in the Country," describing how to build various
things out of concrete. It tells in piain, simple language how permanent, enduring structures can be built on your
place with cement, sand, gravel or crushed stone. It will pay you
to write for this book today and it will cost you nothing except the postal
card. Up-to-date people are now building fence posts, barn floors,
foundations, cisterns, sidewalks, cellars, stairways, feeding floors, and so
on, of Portland cement concrete. Thin built of concrete are easily constructed, cheap
and everlasting. They cannot be destroyed
位 provements on any place. Write us today UNIVed by representative dealers everywhere.
USAL PORTL TRICK BULLDING, PITTSBURG

## EXCELLENT VENTILATION OF STABLES OF ORDINARY SIZE

 Plan of Stable Showing Method of Ventilation-A, Inlets between ceil.
Ing joists; B, Inlets on hay floor; c, Window inliets; D , Side section of
double stall and exhaust flue; E, Back view, same; $F$, Exhaust flue and side



 ale,
Into
who
whd
wa
wa
lic
to
cl
cl
 the only city recelling over 10.0 .ons
teals which sold every one of then.
FOUND RIGHT PATH

## After a False Start.

 "In 1890 I began to drink coffee"At that time I was healthy and en-
goyed life. At first I noticed no bad effects from the indulgence but in
course of time found that various
troubles were coming upon me. troubles were coming upon me.
"Palpitation of the heart took unto
Itself sick and nervous headaches, kid-
ney troubles followed and eventually
my stomach became so deranged that
even even a light meal caused me serious
distress.
"Our physician's prescriptions failed
to help me and then I dosed myself with patent medicines till I was thor-
oughly disgusted and hopeless.
"Finally "Finally I began to suspect that cof-
fee was the cause of my troubles. I experimented by learing it offes. exeept
for one small cup at breakfast. This for one small cup at breakfast. Thi
helped some but did not altogether $r$
lieve my distress. It satisfied me heve my distress. it satisfied me,
however, that I was on the right track.
"So I gave up coffee altogether and
" "So I gave up coffee altogether and
began to use Postum. In ten days I
found myself oreatly began to use Postum. In ten days
found myself greaty improved, my
nerves steady, my head clear, my kid neys working better and better, my
heart's action rapidly improving, my
mptet eat a hearty meal without subsequent
suffering restored to me. And this con-
dition
dition remains.
"Leaving off coffee and using Postum
did this, with no help from drugs, as 1 did this, with no help from drugs, as
abandoned the use of medicines when
abe ibegan to use the food drink," Name
given by Postum Co., Battle Creek,
Mich Mich.
"There's a reason," and it is ex
plained in the little book, "The Road to Wellville," in pkgs.

 woman's existence, and neglect of health at this time invites disease.
Women everywhere should remember that there is no other remedy known to medicine that will so successfully carry women through this trying period as Lydia E.
Pinkham's Vegetable Compound, made from native roots and herbs. Here is proof:




