Health Was Wrecked. Pe-ru-na Gave New Life.



HON. JOHN TIGHE.

Assemblyman Tighe's letter should be read by every brain worker lead-ing a strenuous life.

The strenu out of the strength of

that is responsible for half of all nervous troubles. Peruna cures this trouble because it cures catarrh wherever located. If you do not derive prompt and satis-factory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case, and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, O.

Quickly Married and Settled.

The record of getting married and settled in short order went all to smash in Bangor last week, when Frank Reeves, an ex-policeman of Machias, and Mrs. Laura Mace of Ellsworth, bought a house, furniture to furnish it, were married, and ate their first meal in the new house inside of five hours from the time they arrived in Bangor

Ready to Be Tempted.

What would a Christian do with Rocefeller's wealth? asks the Pittsburg Post. Well, we can't say much on the hypothetical case, but if some one will arrange a transfer of a large slice of that oily lucre to us we stand ready to present the world with an object lesson on the subject .-- Atlanta Herald.

PITSpermanently cured. Nofitson nervous-nessafter first day's use of Dr. Kline's Grea: NerveRestorer, \$2trialhottle and treatise free Dr. R. H. KLINE, Ltd., 981 Arch St., Phila., Pa. And now George Meredith has indited an ode to the Czar.

Ladies Can Wear Shees One size smaller after using Allen's Foot-Ease, a powder. It makes tight or new shoes easy. Curee swollen, hot, sweating, aching feet, ingrowing nails, corns and bunlons, At all druggists and shoe stores, 25c. Don't ac-cept any substitute. Trial package Fare by mail. Address, Allen S. Olmsted, LeRoy, N.Y.

Yale's football team made \$70,000 last season

Mrs. Winslow's Soothing Syrup for children testhing soften the gums, reduces inflamma-tion, allayspain, cures wind colle, 25c, abottle,

Danjiro, the great Japanese tragedian, is lso a most skilful dancer.

Jdo not believe Piso's Cure for Con-



so radical in regard to not opening The choice of the boar is of greatest the door to the egg chamber, for fear Importance, for it must not be forgot- a little fresh air will prove fatal to the ten that the sire is half the herd. In embryo chick, Fresh air is the essence of all living things. We open the case of young boars, the age of the animal must always be borne in mind. the doors to the egg chamber two, and It is very difficult to judge boars at sometimes three times, a day in order from three to five months old. When for the eggs to obtain a sufficient purchasing a boar of this age it is amount of pure fresh air, and when therefore very desirable to see his sire eggs are being turned we are in no and dam. If, so far as can be judged great hurry. Those small things are in in his as yet immature state, the young | favor of a good hatch, and should not boar possesses the characteristics be overlooked. However the doors of sought for, and an inspection of his the egg chamber should not be foolishly parents shows them to be of the deopened to please the mere curiosity of sired type, the probability is all in visitors, especially near the "pipping" favor of the animal developing along period. Sudden cold air on the chicks at this time is very dangerous, and the same lines. the doors should be closed constantly

Fitting the Soil For Crops,

When I was a boy my father used to in the shell when incubated by natural "Well, H., this tand is well hens the cause is evidentis due to low 885. adapted for corn, polatoes, or beans, vitality of the parent stock, resulting and I think we better break up a from being pushed all winter for eggs, plece and try it." by hot stimplating foods or by a weak

Sometimes the pieces thus selected condition caused from disease of some were pretty thoroughly pitted with kind. The real cause of chicks dying large rocks not easily removed, to say in shell probably will never be overcome. However, as yet, it is merely nothing of an abundance of small stones, thus making it a difficult mattheoretical, and a great problem to ter to turn over the sod nicely. overcome; therefore the best solution As we had only a common A-harrow in order to obtain a satisfactory hatch,

to pulverize with in those days, there is to have all things corresponding as was considerable backache invested in nearly as possible with Nature's laws. the crops we raised. Very often good Angels can do no more .- J. C. Clipp, crops were obtained, notwithstanding in Indiana Farmer. the unfavorable conditions; but as I look back upon that time it seems as

if it was a good way to make a boy disgusted with farm work. Removing large stones with a good

in use at the Nova Scotia Agricultural team is pleasant enough, and picking | College at Truro. It has a double roof. up small ones is certainly a paradise The light is admitted through a large window in the front of each individual compared with trying to raise crops where large and small are permitted peu; it is hinged at the top and swings to remain on the lot during plowing up to open as shown in Fig. 1. The and cultivation.

I am not sure that farmers would ever have given up the cultivation of such rough lots had not Western com petition forced them to it.

It is certainly an expensive Juxney nowadays for a farmer to hire and pay good wages and do much hand work. Improved implements in recen years have very much lessened the backache of the olden time, and those old times were not good times either Farmers returning from work at night often had the appearance of rainbows minus the gay colors.

taken that at harvest time the ledge

will show a balance on the right side.

Fertilizers cost considerable, and one

sometimes draws only a Hibernian

dividend after using his best efforts

It is still more expensive to cultivate

fertilizer; the results are pretty sure to

show the truthfulness of "He that

soweth sparingly shall reap sparingly.'

to say nothing of the mortification of

by using liberally of high grade phos-

phate for nearly all kinds of garden

truck, are, no doubt, in a measure, ow

ing to its being so thoroughly com-

minuted. Fine gardens cannot readily

and quickly find suitable nourishment

in large lumps of stable manure.

manure applied may be.

The excellent results usually obtained

the owner at seeing a poor crop.

large area with a small amount of

to make a success.

Repairs amount to considerable when expensive implements are used on rough lots. To make a good job every thing in the way should be removed

This takes time and money, but it is t satisfaction to see an acre nicely cleared, highly fertilized, with a crop on it, showing by signs not to be mis-

> ALLEY 3" WIDE 11 ROOSTING PEM 2000

(mail and Fig. 2-Section of Moor showing the in-

scratching part by wire netting above

of two pens are watered from one yes-

sel which extends through the parti-

E

The Advatages of Subsoiling,

Subsoli tillage consists in breaking

two plies of boards and one of paper. This style of house may be extended any desired length. The roosting ens are separated by boards, and the

GAS AND WATER. IS ONE AS NECESSARY AS THE

Citizens of Large Cities Say It Is.

OTHER?

New York June 13-In the recent agitation here about the price of gas. the demand for lower rates was supported by the argument that every resi dent is as dependent upon a supply of gas as upon a supply of good water. It has come to pass that the day laborer uses gas as his only fuel for cooking, because of economy, and the rich man uses gas on account of its convenience. Gas for lighting, with modern improvements in burners, is cheaper, better and more satisfactory than any other kind of light. Gas sells at \$1.00 per thousand cubic feet in large cities, and from that to as high

as \$3.00 in smaller towns. The consumer of gas in the country uses Acetylene (pronounced a-set-alene), and each user makes his own gas and is independent of Gas and Electric Companies. Acetylene is a more perfect illuminant than the gas sold by the big gas companies in the cities, and the cost to the smallest user is about the equivalent of city gas at 85 cents per thousand.

Acetylene is the modern artificial light, the latest addition to the many inventions that have become daily ne cessities. The light from an acetylene flame is

soft, stendy and brillinnt, and in quality is only rivaled by the sun's rays. If water and a solid material known as Calcium Carbide are brought into con tact, the immediate result is the mak ing of this wonderful gas. The generation of acetylene is so simple that experience or even apparatus is not neces sary to make it. If it is desired to make it for practical lighting, and to keep it for immediate use, then a small machine called an "Acetylene Generator" is employed. There are many responsible concerns making acetylene generators. In practice this gas is distributed in small pipes throughout buildings, grounds or entire cities and towns in the same manner as ordinary city gas. Acetylene is the only satis factory means of lighting isolated buildings located in the country or suburbs at a distance from city gas or electric plants.

NERVE SAVED STEVE BRODIE

Charley Mitchell Thought Better of

Intended Chastisement. The presence in New York of Mitchell, once boxing champion of England. recalls an incident in the strenuous career of the late "Steve" Brodie who jumped from the Brooklyn bridge nearly a score of years ago to glory prosperity and histrionic fame. Brodi visited London in the early ninctics where Mitchell, playing the part of cicerone one night, introduced the Bowery boy at the Spooferies club, a resort for prize fighters, horse jockies | Eliza?" and their kind, where the festivities are seldom concluded before daylight and the police have more than once been called upon to restrain merri ment

In the course of a general conversa tion the English fighter happened to make some adverse comment upon the then mighty John L. Sullivan, which called forth a sarcastic remark from Brodie with reference to Mitchell's abilities as a sprinter while in the ring

with the American champion. With an oath the Englishman gave the smaller man a push that sent him reeling ten feet backward, and then rushed upon him to administer correc

tion for the other's temerity. Brodic spider, is described by an expert in inwas due for a fearful bruising, but the sect life as a most elaborate exhibi-Bowery boy was equal to the occasion tion of skill and grace in dancing.

THREE YEARS AFTER.

Eugene E. Larlo, of 751 Twentleth avenue, ticket seller in the Union sat-tion, Denver, Col., says: "You are at liberty to repeat what I first stated through our Denver papers about Doan's Kidney Pills in the summer of 1800, for I have had no reason in the interim to change my opinlon of the remedy. 1 was subject to severe attacks of backache, always aggravated if I sat long at a desk. Donn's Kidney Pills absolutely stopped my backache. I have never had a pain or twinge since."

Foster-Millburn Co., Buffalo, N. Y. For sale by all druggists. Price 50 cents per box.

ATE EVIDENCE AGAINST HIM

Prisoner Stops Trial by Chewing and Swallowing a Forged Check.

The Kings county court was thrown nto disorder and dismay, says a Seattle special to the St. Louis Post-Dispatch, when the prisoner at the bar, H. R. McTavish, ate all the evidence in the case on trial. McTavish was eing tried on a charge of forging a \$15 check. The check lay on the trial table, marked "exhibit A." McTavish sat beside his counsel, who was engaged in cross-examining a witness for the prosecution.

The case was going against Mc-Tavish when his eye fell on the check, which was about to be introduced in evidence. Like a half-starved man and with a look of hunger in his eye. the prisoner pounced upon "exhibit A" and chewed it to pulp.

With soulful satisfaction he guiped down. The prosecution was in consternation, for its main piece of evidence was gone, and demanded that a stomach pump be used forthwith. While the lawyers argued pro and con, the prisoner calmly picked his teeth with a whittled match, plainly the master of the situation. The defense argued that the ball of paper in the defendant's stomach could in no wise be construed as documentary evidence, and that a dismissal was proper.

The case of the state of Washington against H. R. McTavish is now in statu quo pending the untangling of the legal question involved from the defendant's impromptu luncheon.

"Exclamatory" All+Right.

While the oil excitement was at its height in Texas several years ago John W. Gates put up at a hotel in Beaumont where colored girls are employed as waitresses.

At the dinner table, on the evening of his arrival, wishing to be pleasant to the girl, who had taken great pains to see that he had everything he wanted, he turned to her and said. not knowing whether she was married or not: "How is your husband,

"He ain't much bettah, Sah," replied the girl. "Oh, then he's been sick. What's York Herald.

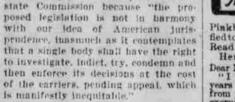
the matter with him." asked 'Mr. Gates.

"Why, de doctah say he got exclamatory rheumatism, Sah." "Exclamatory rheumatism! You nean inflammatory, don't you? Ex clamatory means to cry out," said Mr. Gates.

"Dat's jes' it, Sah. Dat's jes' it. He do nuthin' but cry out all de time." -New York Times,

How Spiders Make Love. The courtship of the Saitis pulex, a

Railway Eate Legislation At the blennial convention of the Order of Rallway Conductors, recently held at Portland, Oregon, resolution were unanimously adouted volcing their sentiments as to the effect of proposed railway rate legislation on the 1,300,000 milroad employee, whom they in part represented. These resolution indorse the attitude of President Roosevelt in condemning secret relates and other illegalities, and commend the attitude of the heads of American railways, who, with practical unanimity have joined with the President on this question." They then respectfully point out to Congress the "imdvisabil ity of legislation vesting in the hands of a commission power over railway rates, now lower by far in the United States than in any other country." because such regulation would "result in litigation and confusion and inevitably tend to an enforced reduction in rates, irrespective of the question of the shility of the railroads to stand the reduction, especially in view of the increase. cost of their supplies and materials." They further protested against such power being given to the present luter state Commission because "the pro-



The conductors hase their demand for only such legislation, if any, as would "secure and insure justice and equity and preserve equal rights to all parties concerned" on the ground that the low cost of transportation "is the result of the efficiency of American rallway management and operation which have built up the country through constant improvement and development of territory, while at the same time recognition has been given to the value of intelligence among employes in contrast to foreign methods, where high freight rates and lowest

wages to employes obtain." In pressing their child against legislation adverse to their interests, they point out the fact that "the freight rates of this country average only two per cent, of the cost of articles to the consumer, thus making the freight rate so insignificant a factor in the selling price that numerous standard articles are sold at the same price in all parts of the country."

Railway Accidents.

Railway experts are continually seeking means to avoid accidents by insuring thoroughness of construction. A device just coming into use on the English railways is a screw used for fastening the rails to the ties. These are supposed to be screwed home with a spanner, but the workmen were accustomed to hammering them home, saving labor, but decreasing the efficlency of the screw. Now screws are made capped by a cone of soft metal Two or three blows of a hammer will flatten this cone and result in the de-



IMPORTANT TO MARRIED WOMEN

Mrs. Mary Dimmick of Washington tells How Lydia E. Pinkham's Vegetable Compound Made Her Weil.

is with great pleasure we publish the following letters, as they convinc-ingly prove the claim we have so many times made in our columns that Mrs.

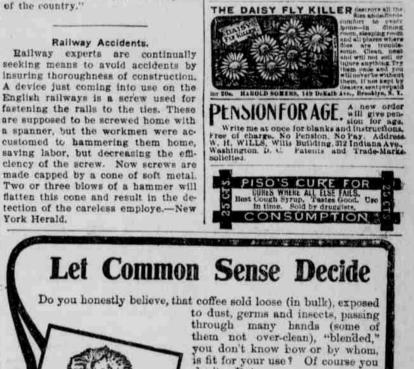


Pinkham, of Lynn, Mass., is fully qualified to give helpful advice to sick we Read Mrs. Dimmick's letters. Her first letter:

Her Bratletter: Dear Mrs. Pinkham .--"I have been a sufferer for the past sight years with a trouble which first originated from painful menstruation-the pains were excruciating, with inflammation and ulcera-tion of the womb. The doctor says I must have an operation or I cannot live. I do not want to submit to an operation if I can possi-bly avoid it. Please help me."-Mrs Mary Dimmick, Washington, D. C. Her second letter: Her second letter;

Her second letter; Dear Mrs. Finkham :--"You will remember my condition when I hast wrote you, and that the doctor said I must have an operation or I could not live. I received your kind letter and followed your advices very carefully and am now entirely well. As my case was so serious it seems a miracle that I am cured. I know that I owe not only my health but my life to Lydia E. Pinkham's Vegetable Compound and to your advice. I can walk miles without an ache or a pain, and I wish every suffering woman would read this letter and realize what you can do for them."-Mrs. Mary Dimmick, 50th and East Capitol Streets, Washington, D. C. how casy it was for Mrs. Dimmich to tion easy it was for Mrs. Dimmick to write to Mrs. Plukham at Lynn, Mass., and how little it cost her-a two-cent stamp. Yet how valuable was the reply! As Mrs. Dimmick says—it saved her life. Mrs. Pinkham has on file thousands

of just such letters as the above, and offers ailing women helpful advice



don't. But LION COFFEE

wall. From this passage the drop boards are cleaned and the eggs col lected. The north side of the building is sided with three-ply boards and two of building paper, the rest with

If it is true that plants take their nourishment only in liquid form, It hecomes a matter of the first importance what the mechanical condition of the

ald.

490

ALLEY

Fig. 1-Cross section of pen showing ar angement of alley, roosts, scratching floor, urtain, window, etc. window reaches within about fifteen

inches of the floor, in order that the sun may shine on all parts of the floor. It is desirable to have the dustbath stationed immediately below the window. The distinguishing feature of this house is the alleyway, which

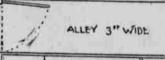
during this period. When chicks dle

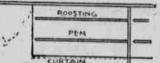
Ideal House For Poultry.

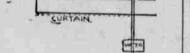
The poultry house represented in

the accompanying illustration is that

runs the entire length along the back







qual for coughs and colds F.Boyrs, Trinity Springs, Ind., Peb. 15, 1900.

There are nearly 5000 railway grade rossings in the United States. MILK CRUST ON BABY

Lost All Ills Hair-Scratched Till Blood Ran-Grateful Mother Tells of

Dis Cure by Cuticura For 75c.

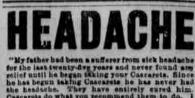
When our baby boy was three months old he had the milk crust very hadly on his head, so that all the hair came out, and it itched so had he would scratch until the blood ran. I got a cake of Cuticura Soap and a box of Cuticura Ointment. I applied the Cuticura and put a thin cap on his head, and before I had used half of the box it was entirely cured, his hair com enced to grow out nicely again, and he has had no return of the trouble. Mrs. H. P. Holmes, Ashland, Or." (Signed)

A full-grown elephant can carry three tons on its back.

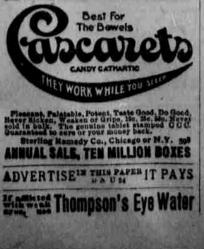
FREE TO OUR READERS.

Botanic Blood Balm for the Blood. Botanic Blood Balm for the Blood. If you suffer from ulcors, eczema, scrofula, blood poison, cancer, eating rores, itching skin, pimples, bolis, bone pains, swellings, rheumatism, catarrh, or any blood or skin disease, we advise you to take Botanic Blood Balm (R, B, B). Expecially recommended for old, obstinate, deep-seated cases, cures where all else tails, heals every sore, makes the blood pure and rich, gives the skin the rich glow of heaith. Druggists, \$1 per large bottle, 3 bottles \$2.60, 6 bottles \$3.00, express prepaid. Sample sent free by writing Blood Balm Co., Atlanta, Ga. Describe trouble and free medical advice sent in sealed leiter. Medicine went at once, pre-paid.

One hundred lives were lost in making be Simplon tunnel.



ege of using his name." St., W.Indianapolis, Ind



If one has a disk harrow, and a firm, smooth piece of land near the barn, the a board fifteen inches high. The fowls condition of the stable mauure can be improved by spreading as much as desired for garden truck, and giving it a tion as shown in Fig. 2.-Montreal Herthorough going over with the harrow before using.

The commercial fertilizer can be thoroughly incorporated with the manure by this operation if one wishes, 1f and fining the subsoil, without bringne can afford the money it is usually ing it to the surface. It is not always better to use the stable manure elseadvisable or profitable, but is somewhere, and apply the phosphate for garden truck. The labor of keeping times useful. It is most likely to prove useful in well-drained soils, where the out weeds is much lessened. subsoil is hard and dry. It cannot be Very many farmers spread considerrecommended for wet land. If atable manure on their mowings in the tempted where the subsoil is wet and spring.

layey, there is a tendency to puddling Where no manure spreader is availthe clay, which does more harm than able it is evident that improving the good. When, however, there is ademechanical condition of the manure by quate underdrainage,' natural or arthe use of a disk harrow as above tificial, breaking up, mellowing and indicated would result in a more even loosening the subsoll proves useful, bestand of the grass. Handing the macause it enables the water to percolate nure twice would, of course, add to through the soil more freely, results in the expense .- Henry J. Veits, in Massabetter aeration of the subsoil, and chusetts Ploughman. deepens that portion of the soil in

which roots can healthfully develop Chicks Dying in the Shelt. Roots follow the line of least resist-There have been volumes written reence. If the soil be mellow to the full cently in the Poultry and Agricultural depth required by such crops as carrots, beets and parsnips, they will de-Press regarding the cause of chicks dying in the shell near "pipping" time. velop well-shaped, symmetrical and Some authorfiles claiming one thing smooth roots. but if the subsoil be hard being the cause and others claiming the roots will be stunted and deformed. something else. My opinion is that no Subsoiling is most likely to prove usefinite mind has as yet been able to ful for root crops and fruit trees. fathom this great mystery. All authoritles are willing to admit that the troua plow especially designed for the purble may be due to various causes, viz: Too much heat, too little heat, eggs Two teams are required in order to

from over fat hens, low fertility or carry on the work to advantage. The weak pare tage. My opinion is that the chief cause of chicks dying in shell second for the subsoil plow, which is second for the subsoil plow, which is that are artificially incubated is prin- used in the furrow behind the common ipally over-heating eggs the first plow. The power required for the subthirty-six hours of incubation. Many soil plow of course varies widely, with operators are over anxious to cush up the soil and the depth at which the the heat, when eggs are first placed in plow is worked. It may not be greater the egg chamber. While we prefer to than that required for the common run the temperature, yet we would plow, but it is sometimes four times prefer to run the temperature at 102 as much, in which case four or degrees and not above 103 degrees the horses may be needed - A Reader, in dirst week, and gradually increase the Indiana Farmer. heat as the hatch progresses. In this

He Bad to Do It.

way we can get out a larger per cent. than to ran low or high, or even, or "I ne e Reuben," she said, kindig, uneven temperature, and at same time patting him on the shoulder after the avoid such a great mortality of chicks guests had gone, "I hope you won't feel dying in the shell. Eggs should never hurt or think I'm stuck up just because be placed in the incubator until the i live in the city, but-but won't you operator gets full control of the heat. please not fuck your mapkin in under It seems as if the best makes of in- your chin again the way you did this cubators sometimes become unruly and evening-at least not when we have

cubators sometimes become unruly and prome to have their own way, appar-ently possessing a good supply of rains. We have worked with incu-botors for three days and nights in order to get full control of the tem-perature, before intrusting eggs to them. Another d/Aculty that must be overcome by the flateur operator, and more experienced as well, is to not

He was erect on his feet with a pistol Balancing his body on his long legs, calmly:

and there'll be a lot in the papers about it, but you won't read it."

Fully appreciating the inutility of post-mortem notoriety, Mitchell explained that he was only joking, and the incident was closed .- New York Times.

Author's Eccentricities.

While traveling from Washington to New York recently Ernest Thompson Seaton, the animal writer and artist, was sented directly behind two passengers who were discussing literature and the impractical side of men who dabbled in paint and ink. Sud denly, as he relates, he was attracted by overhearing his own name mentioned.

"Take this fellow Scien-Thompson, or Thompson-Seton, whichever his name is this season," remarked one of the men. "According to a friend of mine who knew him in Paris some years ago, he must need a guardian Why? Listen. He showed my friend around his studio to which, among other things, was a larder consisting of a row of shelves. On the top shelf Subsoiling is performed by means of were crackers, on the next were sardines, and on the bhird were a number of eggs on each of which was painted:

"'This is cocked.' "-New York Times.

Wear Their Babies' Teeth.

Sig. Mascagni and his wife wear curious fobs on their watches. The fobs are Italian silver pieces, each punctured with six round holes. In Signora Mascagal's these are hung with the five yearly first teeth of ber little daughter, and upon her hushand's coin are suspended those of one of their sons. "Why not?" said Signora Mascagni, through an inter preter, "they are very much dearer te me than any one's fewels '

In a capy of the Old Farmer's Almanack, printed about 1860, we find the following article on "the prevention and extinction of fires": "Never read in bed by candle light, especially if your bed be surrounded by curtains. Strictly forbid the use of segure in your family at all times, but especially after night. . . There is good reason to suppose a house was lately set on fire by a half-consumed segar. which a womar suddenly threw away to prevent being detected in the un-bealthy and offensive practice of

in his hand when the prize fighter he moves in a semi-circle for about reached him. Putting the weapon un- two inches, and then reversing the der the other's nose, he remarked position twists and turns in the opposite direction, repeating this grotesque "You t'ink you're goin' to make a figure scores of times, and pausing reputation off lickin' Steve Brodie, every few minutes to rock from side don't yer? Well, you just hit me once to side, and to bend his brilliant legs, so that they may be brought into full view of his admiring mate.

A similar display, but with varied antics, marks the love-making of other sorts of spiders, but this manner of courting is not without its risks, and it may often happen that the lively suitor, if he prolongs his performance, or shows off his points of perfection too persistently, is suddenly seized and devoured by his more muscular mate.

FEED YOUNG GIRLS. Must Have Right Food While Growing

Great care should be taken at the critical period when the young girl is just merging into womanhood that the diet shall contain all that is upbuilding. and nothing harmful.

At that age the structure is being formed and if formed of a healthy, sturdy character, bealth and happiness will foilow; on the other hand unhealthy cells may be built in and a sick condition slowly supervene which, if not checked, may ripen into a chronic disease and cause life-long suffering. A young lady says:

"Coffee ! egan to have such an effect on my stomach a few years ago, that I was compelled to quit using it. It brought on headaches, pains in my muscles, and nervousness

"I tried to use ten in its stead, but found its effects even worse than those I suffered from coffee. Then for a long time I drank milk slone at my meals, but it never helped me physically, and at last it palled on me. A friend came to the rescue with the suggestion that I try Postum Coffee

"I did so, only to find at first that I aldn't fancy it. But I had heard of so many persons who had been benefited by its use that I persevered, and when I had it brewed right found it grateful in flavor and soothing and strengthening to my stomach. I can find no words to express my feeling of what I owe to Pestum Food Coffee!

"In every respect it has worked a wonderful improvement - the headaches, nervousness, the pains in my side and back, all the distressing symptoms yielded to the magic power of Postum. My brain seems also to share in the betterment of my physical condition; it seems keener, more alert and brighter. I am, in short, in better health now than I ever was before, and I am sure frink it to the use of your Postum Postum For Conten." Name given by Postum Contaction." Name given by



is another story. The green berries, selected by keen judges at the plantation, are skillfully roasted at our factories, where precautions you would not dream of are taken to secure perfect cleanliness, flavor, strength and uniformity.

From the time the coffee leaves the factory no hand touches it till it is opened in your kitchen.

This has made LION COFFEE the LEADER OF ALL PACKAGE COFFEES.

Millions of American Homes welcome LION COFFEE daily There is no stronger proof of merit than continued and increasing popularity. "Quality survives all opposition."

(Sold only in 1 lb. packages. Lion-head on every package.) (Save your Lion-heads for valuable premiums.)

SOLD BY GROCERS EVERYWHERE

WOOLSON SPICE CO., Toledo, Ohio,

