

tired easily, had no ambition and was failing fast. My complexion got yellow, and I lost over 50 pounds. My thirst was terrible, and there was sugar in the kidney secretions.

My doctor kept me on s strict diet, but as his medicine was not helping me I began using Doan's Kidney Pills. They helped me at once, and soon all traces of sugar disappeared. I have regained my former weight and am perfectly

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

Striking Case Of Heredity.

George Bernard Shaw, the playwright, has a good deal of contempt for scientists. "We hold scientists in too high honor," he wrote recently to an American admirer. "We take them too much on faith. We believe every scientific assertion, no matter how incredible it may be. And now incredible, how preposterous much of this scientific talk is! There's heredity, for instance. I have seen books on heredity that were about as logical as the remark of an old woman, whose daughter played the piano.
"Your daughter plays well," a

woman said to her.
"'Yes,' the old woman replied, 'she does have a fine touch, and it's no wonder, for she loves the plano, and never tires of it. Ye see, she's a great taste for music; but, then, that's only natural, for her grandfather had his skull fractured with a cornet at a picnic." -- New York

His Presence Of Mind.

'Oh, Harold!" exclaimed the lovely girl at the summer resort. "Isn't the view lovely from here? Let's sit down in the shade of this noble old beech and enjoy it."
"I think, Nellie," said Harold, "you

will find the shade better on the other side of the tree." Then, while she was seating herself on the spot indicated, he lin-gered behind just long enough to

ake out his kinfe and erase his own initials and those of his last sum-mer's girl from the bark of the noble old beach .- Chicago Tribune.

Rapid Growth. Mrs Jones-That lamb you sent me was the largest and toughest mut-

Mr. Suet-Ah, mum, it's that boy of mine been loitering again. was the sweetest little leg of lamb you ever saw when it left my shop, and I gave him strict orders to deliver it at once, as you wanted it young .- Ally Sloper's Half-Holiday.

Mistook The Sound.

"It's too bad you didn't send in an alarm. You heard the burglar, did you?" "Oh, yes; distinctly. He made quite a racket."

'And you were not frightened?" "Not a bit. I thought it was my usband coming home." - Chicago Tribune.

Knew His Book.

"Under what circumstances," asked the chief examiner, "would you call in another physician for a con-

When I didn't want the patient to die on my own hands," promptly answered the medical student. -Chicago News.

No Beauty Wanted. "We have come," said Mr. Gay-

man, entering the employment agency with his wife, "to secure a cook, 'Pain or fancy?' asked the agent.

"Plain," put in Mrs. Gayman, promptly, "the plainest one you have."-Philadelphia Press.

Should Join That.

"I want you to join a society for the suppression-"I'll join no society for the suppression

'Hold on! This is a society for the suppression of societies for suppression of anything." - Louisville Courier-Journal.

Unmentionable.

"Let us see," said she, "what is it you call these men who run auto-

"Pardon me," replied the gallant 'I'm too much of a gentleman to tell you what I call them."-Philadelphia Ledger.

GOOD AND HARD

Results of Excessive Coffee Drinking.

It it remarkable what suffering some persons put up with just to satisfy an appetite for something. A Mich, woman pays: "I had been

using coffee since I was old enough to

have a cup of my own at the table. and from it I have suffered agony hundreds of times in the years past. 'My trouble first began in the form of bilious colic, coming on every few weeks and almost ending my life. At every attack for 8 years I auf-

fered in this way. I used to pray for death to relieve me from my suffering. I had also attacks of sick headache, and began to suffer from catarrh of the stomach, and of course awful dyspepsia.

"For about a year I lived on crackers and water. Believing that coffee was the cause of all this suffering, I finally quit it and began to use Postum Food Coffee. It agreed with my stomach, my troubles have left me and I am fast gaining my

health under its use. "No wonder I condemn coffee and ... No one could be in a much more critical condition than I was from the use of coffee. Some doctors proinced it cancer, others ulceration, but none gave me any relief. But aince I stopped coffee and began Postum I am getting well so fast I can heartily recommend it for all who suffer as I did." Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville." "There's a reason."



Bringing Up Girls.

Lady's Pictroial, the women outnumber the men, and the system of "bringing up girls to be married" has been tried and has failed, because there are not husbands enough to go round.

Princess Victoria is Tall.

Princess Victoria, the Kaiser's only daughter, is now a well grown up girl. She is tall for her age and uncommonly plain in feature, but what she lacks in beauty is made good in sprightliness. For one thing, she stands in no awe of her sire and puts etiquette to flight when any whim seizes her.

Fashion in Cambodia. Penh has her tooth stainer come to the house two or three times a week tainment, has led the British Home just as her Par'sian sister is visited Secretary to announce that the Govby the manicure. It is the last re- ernment will introduce legislation finement of Cambodian elegance to to prevent such performances. The have teeth so impeccably black that present law in Great Britain prohibnobody would suspect that they were its the participation of minors in exever white.-Courier des Etats-Unis. hibitions dangerous to life and limb,

Not the Pretty Girls. less cruelty, have been given up in sage to the mayor of Birmingham, the army. I have seen surprise ex- after a fatal accident to a woman pressed in the press that young and rope-walker in that city, expressing pretty girls are more cruel than the her "personal feelings of horror that War Office. This, however, is not, I one think, correct. I have observed that should have been sacrificed to the it is not the young and pretty girls, as a rule, who wear them -Lord for exhibitions attended with the Avebury, in Nature Notes.

Dutch Proverbs on Woman. The brilliant daughter makes a

brittle wife. Who has a bad wife his hell be-

gins on earth. A house full of daughters is a cellar full of sour beer.

Arms, women and books should be looked after daily. "Bear your cross with patience," as the man said when he took his

wife on his back. Every little helps to lighten the as the captain said when he threw 'is wife overboard.

Yellow For Brunettes.

Yellow is, indeed, a remarkable color, serving in its diffierent shades both blonde and brunette. A beauty with dead white skin and just a shade of rose on the cheek, clad in a gown of softest yellow with billows of creamy or snowy lace about her neck, is a poem of loveliness. warmer tone of the "sunshiny" color has a ravishing appearance worn by a handsome brunette, her gypsy beauty being just what is required to bring out its artistic excellence.

And everybody knows what a serviceable shade is the yellow brown for knockabout and country wear, some tone or other of which will be and complexion.

French Women Emancipated. tune to make her debut just as a they will greatly cimulate the cirviolent reaction set in against pad- culation as well as all the secretory ded chests and crinolines. The bal- and excretory processes. What leg out chest necessary to the general oxidize, to any great extent, the soft harmony of the fashionable figure, tissues of the trunk and arms. True, At the end of sixteen or seventeen by stimulating the organs of elimiyears the Empress became unfashion- natio- and by increasing lung caable, more because people were tired pacity, leg exercises will oxidize of her style of dress than anything upper tissues somewhat; but when else. It was that of a Madonna in fat is not replaced by muscle it has the sacristy of a Spanish church, and a strong tendency to reform. A bad borrowed from a portrait by Velas- effect of leg exercise exclusively is quez of the daughter of Conde de that they draw a major part of the Haro. The perfectly straight lines blood, rich in oxygen, to the lower of Sarah Bernhardt's slight figure (slight almost to a skeleton degree) trunk exercises were executed, berelieved after this long surfeit. -London Truth.

Woes of Back-Ruttoned Woman.

One difficulty, at least, confronts the woman who wears lingerie walsts at a summer resort and who cannot afford a maid of her own. She is forced to cross the palms of chambermaids who are pressed into service. In fact these servitors at sum mer hotels are in such demand that it is hard to get them. One woman says she waited two hours before she could get a girl to come in to fasten her up, as she was fifteenth on the "I'd have come before," said list. the girl, "but the woman two doors down kept me while she made up her mind whether she'd put on blue or pink." "Well, what did she put on?" questioned her listener. "Oh, she hasn't put on anything. I've got to go right back and stay till she settles it," was the reply. With such troubles as these, women might feel it better to take to wearing other styles.-New York Press.

Is a Woman Happier Married?

Of course she is. Could there be any question among right thinking In these days it is rather fashfolk? ionable to deride marriage. Even married people themselves occasionally scoff at the "holy state," and unmarried folks try to find advantages in single blessedness, independence, freedom, loss of anxiety and such de setable things. At the bottom of the hearts of most of us, however, we are quite certain that the married person is the happier being, and woe indeed is the ultimate end of the woman who refuses to take upon her-self the responsibilities of matrimony because she would be indepen-

Not, of course, that one would advise any member of our sex, no matter how poor or old, or friendless, to get married for the sake of home or companionship or any mundane rea-son like this. Marriage, if it is to be successful, must be dictated by true love and nothing else. At the same time there are women who fan-cy that they can do well without it. The Dallas Morning News The troubles are not worth the pleas-Never hit a man when he is up.

ures which come in its train, and In England, according to the they think they are happier unmarried and will be so to the end of time, says Woman's Life.

Poor sisters, they forget that there is something after all in the old saying about love making the world go round; they forget that the old maid, however fresh and up to date, must still live something of a stunted life. No! Again one says the woman is happier married, provided she choose rightly, and for choosing there is no better methods than the old fash loned, perhaps somewhat forgotten, one of love.

Women and Dangerous Exhibitions.

The increasing popularity of dangerous exhibitions of the loop-the loop variety, in which women risk A fashionable woman of Pnom- their lives for the gratification of a morbid taste of sensational enter-It is proposed to extend the act to apply also to women. Over forty Ospreys, obtainable only by heart- years ago Queen Victoria sent a mesof her subjects-a femalegratification of a demoralizing taste greatest danger to the performers.' Since then many persons have been killed in such exhibitions, but the law has not been changed. There is no reason why this kind of performance should not be prohibited outright. Exhibitions of trained skill in gymnastic and acrobatic performances have some excuse for existence, but wildly sensational and highly claborate mechanical feats in which no artistic proficiency is required in the performance lack this element of justification. It would be wise it the latter class of performance could be wiped out. The difficulty arises. however, that a law like that proposed in Great Britain would apply to the skilled athletes as well as to the objectional class of dare-devil performers. If women were forbidden to take part in any exhibition involving risk of life and limb many professional gymnasts and acrobats would be deprived of their means of livelihood. Undoubtedly legislation is needed to curb the evil of dangerous exhibitions, but it should be framed discriminatingly with due regard for the rights of legitimate performers.

How to Reduce Your Flesh.

To increase the lung capacity is the first step in the reduction of flesh. For this purpose running is. found to suit every grade of stature I think, superior to any other exercise. Boxing and hand ball are also excellent for the "wind." And these exercises will do more than Sarah Bernhardt had the good for- increase the respiratory functions; skirt had rendered the filled- exercises will not do, however, is limbs; whereas if vigorous arms and side the leg exercises, much blood would be attracted also to the upper parts which would then be oxidized to the best advantage, their lost fat being, at the same time, replaced by solid tissue, and hence having little tendency to reform. Running, therefore, splendid exercise though it is, should be supplemented by vigorous "upper" exercises. By vigorous upper exercises I do not mean calisthenics nor any kind of so-called light exercises. I mean reasonable work .- G. Elliot Flint, in "Dieting vs. Exercise to Reduce Fles.," in the Outing Magazine.

A Woman's Invention.

"A woman," said a paper maker, 'invented blue paper. It was by accident that she did it, though. Be-

fore her time all paper was white. She was the wife of William Eastes, one of the leading paper makers of England in the eighteenth century. In passing through the paper plant one day she dropped a big blue bag into a vat of pulp. Eastes was a stern chap, and so, since no one had seen the accident, Mrs, Eas-

tes decided to say nothing about it. 'The paper in the vat, which should have been white, came out blue. The workmen were mystified, Eastes enraged, while Mrs. Eastes kent quiet. The upshot was that the paper was sent to London, marked 'damaged,' to be sold for what it would bring.

"The selling agent in London was shrewd. He saw that this blue tinted paper was attractive. He declared it to be a wonderful new invention, and he sold it off like hot cakes at double the white paper's price.

"Eastes soon received an order for more of the blue paper-an order that he and his men wasted several days trying vainly to fill.

"Then Mrs. Eastes came forward and told the story of the blue cloth bag. There was no difficulty after that in making the blue paper. The paper's price remained very high. Eastes having a monopoly of making it."—St. Louis Globe Democrat.

The Dallas Morning News says:

ONE OF THE MOST AMAZING ROMANCES OF TREASURE-SEEKING IN HISTORY

Where Nature Defies Engineers---An Immense Fortune Just Out of Reach.

the next boats.

and their quest.

centuries.

hard rock.

ing hand-maidens.

treasure-seekers.

way.

Uniortunately, however, the water

is not the only barrier on which the

"Gilded Man" has to rely for the

safe-heeping of his treasure. The

jubilation in Londonwall was sum-

marily ended by a cablegram stating

that twenty-five feet of solld mud, or

some 30,000,000 cubic feet in all

But what is 30,000,000 cubic feet

of mud when £100,000,000 is at

stake? A new engineering feat was

decided on-the construction of a

great dam across the hole made in

a shaft through which the mud

should be washed and carefully pre-

and silver treasure as they were dis-

The dam was constructed, and with

it the cleansing shaft, but while the

work was in progress a strange thing

of rain has fallen at the scene of the

operations, and when the engineers

had completed the construction of

the dam it was only to find that the

golden gods and the silver dishes and

ornaments, to say nothing of the

jeweled goddesses and their glitter-

The few natives in the region,

remnants of the great race of Chib-

-to soften the mud, some other ob-

heartrending as it falls around.

have been here hoping against hope,

"We really ought to get all the

water we want in May," he wrote

So far his pessimism has been

had happened. The "Gilded Man"

was evidently at work again.

In a small city office situated in London that Mr. Knowles and his Londonwall news is anxiously await- staff of engineers and workmen had ed from a man who is sitting on the edge of a mountain lake in Columbia, Central America, waiting for

Heavy rain may mean for him and for those in the city office in Londonwall the recovery of treasure worth, so experts say, at least £100,000,000 hero of the vigil is Mr. H. Knowles, managing director in Bogota of Contractors, Limited. story of the company is one of the most amazing romances of treasure-

The Lake of Guatavita, in Colombia, lies in the basin formed by the cone of an extinct volcano. It stands still lay between the treasure-seekers nine to ten thousand feet above the sea level, and is but a few miles from the thriving little coal city of Bogota. Many centuries ago it was the Sacred Lake of the Chibchas, a race which at the time of the Spanish conquest numbered over 1,000,000 the side of the basin, terminating in

individuals. The Chibchas worshiped the 'Gilded Man," and devoutly believed cipitated, so as to secure the gold that their delty made his home at the bottom of the Lake of Guatavita. turbed from their hiding place of Periodically they are declared to have made pilgrimages to the lake, when they cast every imaginable kind of treasure, gold, silver and jewels into the waters with the object of propitiating the "Gilded Man," who, through his army of priests, threatened all kinds of pains and penalties unless the treasure were offered in sufficient quantities.

The story of the Chibchas has many times been investigated by travelers, and all agree in believing that the lake contains untold treas-Humboldt, the famous traveler than two and a half years not a drop and historian, was one of those who

estimated its value at £100,000,000. Quesada, the Spanish conqueror of the Chibchas, was told the story of the treasure, and succeeded in re- sun had baked the 30,000,000 cubic ducing the water of the lake, then 214 feet deep, to fifteen feet. the sides fell in, and all his labor was wasted. Further attempts were abandoned, and the lake regained to

a very large extent its former depth. Where the great Spanish administrator failed, however, Contractors, Limited, a prosaic British syndicate, formed just over six years ago, has determined to succeed.

The syndicate was formed for the purpose of exploiting a concession obtained from the Colombian Government to drain the lake and recover for their own uses the treasure believed to be hidden by its waters. Among its directors are Mr. R. J. Price, M. P. for the eastern divi ion of Norfolk, chairman, and Mr. C. J. de Murietta. Its capital was originally £30,000, and was increased to £35,000 in 1903.

After six years of hard work, however, some of those connected with the company are beginning to believe that the "Gilded Man" is still at the bottom of the lake guarding his treasure. Encouraging finds of isolated gold and silver gods and fuses to fall here," he wrote in one jeweled goddesses have from time to of his letters. "This is all the more time supported the tradition of the treasure, but so far the dreams of untold wealth have not materialized. hearing the thunder and seeing the

First the lake was drained. It storm pass us by, which is an awful was not an easy task, for it is some trial, as you can imagine." nine miles in length, and unforeseen difficulties were continually confronting the workers. The most har- again, "but nobody can guarantee assing of these was the constant rain, this." which, winter and summer, hardly justified. The "Gilded Man" is takever ceased.

At last, however, toward the end ing care of his own.-London Exof 1903, the welcome news reached press.

Northern Bread Line. Nobody yet knows just how far north wheat can be successfully the next time I buy a marine paintraised in Canada. In small patches ing," said a local art collector yesit has been raised as far north as terday. "I bought two marines last Fort Simpson on the Mackenzie month, and yesterday an old friend River, in latitude sixty degrees and of mine, a former sea captain, carled forty minutes. Wheat weighing six- and looked them over. His criticism ty-two and a half pounds to the bushel has been grown at this place.

At Fort Chipewyan, which is at the mouth of the Athabaska River, ture we've got a trading schooner in on Lake Athabaska, in fifty-eight degrees and forty-two minutes north, wheat is grown regularly, and a sam- jumble of sea. The schooner's main ple took the gold medal at the Centennial exhibition at Philadelphia in ered, except her staysail, which is

At Fort Vermillion, in latitude fifty-eight degrees and twenty-four drunk. In the second picture,' conminutes north, or about 650 miles tinued the captain, 'the principal line, there are three small flour mills, which draw their entire wheat supply from the surrounding country One of these mills is owned by the Hudson Bay Company, and it has a spinnaker, and if they lower away capacity of thirty-five barrels a day.

At Peace River Landing, phia Ledger. which is a little farther south than Fort Vermillion, there are two small flour mills .- Minneapolis Tribune.

Conquering the Colorado.

rivers to be completely held in bondage by a dam will be the Colorado. secured at the ends in the mountains point into this narrow width. The dam will consist of three massive concrete parallel walls, the spaces filled with stones and the whole tons, and although it will not rest upon rock, its weight will be such that not even the Colorado will be able to dislodge it. In low water the dam will back the river up and afford irrigation for 100,000 acres of rich bottom land, and in flood time the Colorado will thunder over the lop .- St. Louis Post-Dispatch.

Expert Criticism.

"I'll take a sailor along with me may interest others who, like myself, think they know something of plctures. He said: 'In this first piccharge of a tug towing away from a rockbound coast through a fearful topmast is gone and all sails are lowkept hoisted. Why that hoisted staysail? All hands, I suppose, are north of the United States boundary boat, an eighteen-footer, is racing, yet has no flag flying. That's as incorrect as it would be for you to go to a dinner party minus a shirt. The crew of this boat are getting in the both spinnaker and boom will be in Its flour product is chiefly used for the water, for they have neglected to the supply of the company's trading let the boom go forward. But 1 posts in the far north. This mill has know what the trouble is with them, been running regularly ever since They, too, are drunk."-Philadei-

Charm vs. Hoodoo.

Since peacock aigrettes became the favorite adornment for walking hats, jewelers have found it impossible to The first of the great American supply the demand for the silvermounted foot of "B'rer Rabbit." women are ready, even for the sake The Laguna dam, twelve miles above of fashion, to defy a time-honored Yuma, Ariz., will be completed by superstition, such as the one that atthe Government in two years. It tributes a baleful influence to the will be 4800 feet long, and will be feathers of Juno's bird. The girl The girl who wears a hat that flaunts these which compress the Colorado at that plumes of misfortune usually conceals a counteracting charm some where about her. If she is one of the kind that does not attach much importance to the superstition but width of the dam on top 244 feet. thinks it is just as well to be on the This great barrier will weigh 600,000 safe side she adds the talisman to safe side she adds the talisman to the contents of her purse or fastens it to her lorgnette chain. But where the fear of things uncanny is deep rooted the rabbit's foot is sewed seurely away among the trimmings of the hat itself so that the owner never may be abroad in that partic-ular piece of milliaery without the protecting charm.

North Dakota Solves the Adultera-

North Dakota seems to have found the key to the question, "How shall we protect the people from frauds in manufactured products?" a plan which is applicable to foods, beverages, materials used in the arts, etc. A new law has recently gone into effect designed to make it impossible to deceive people into buying inferior and adulterated paint under the impression that they are getting real paint, viz.: pure white lend and linseed oil

The North Dakota lawmakers did succeeded in cutting through the not attempt to absolutely prohibit basin of the lake, and the water had the inferior pigments, or mixtures of been drained off successfully. 'a here pigments. They adopted the slogan, was great jubilation, and prepara-'Let the label tell," and then left to tions were made for the large conthe people to buy whichever they signments of gold, silver and jewels wished. which might be expected to arrive by

Under this plan, if any one wishes to buy a mixture of rock-dust, ground quartz and other cheap elements which are found in many paints and so-called "white leads," no one can object; for they do it with their eyes But if they prefer genuine white lead and linseed oil, they can be sure of getting it, for none but the genuine article can bear a label which says "pure white lead."

In all other States mixtures are often sold as pure white lead which contain little-sometimes no-real white lead.

It would seem that were this same principle applied to food, beverages and all other prepared articles, where deception is practiced upon the buyor, the question would be solved. It would leave us free to buy what we pleased, but would protect us from unwittingly buying what we did not

Almost Nothing. Beggar - Mister, I'm sick and starving. I ain't had any food for five days.

For over three years the engineers Goodman-Oh, come, now. No had worked in the rain, in such a food at all? downpour, indeed, as was unpre-Beggar-Well, nothin' but health dented in Central America. As the food .- Philadelphia Public Ledger. water ran from the lake, however, the rain had stopped, and a drought Overconfidence. equally without a parallel in the his-"Ruggles, can you do a little figurtory of the country set in. For more ing for me? I want to win a bet. your fountain pen in working or-

> "You needn't do it, Ruggles. I've ost."-Chicago Tribune.

feet of mud into the consistency of Sure of That. Mother-How often have I told you not to allow that young man to Then, metaphorically speaking, the kiss you! engineers sat down and wept. The Mabel—I don't know, ma, but cer-tainly not as often as he has kissed rock-like substance still lies as an impenetrable bomb-proof lid over the me.-Philadelphia Ledger.

> A Very Bad Habit. "Has he any bad habits?" 'Only one.'

"That of boasting that he has no bad habits." - Louisville Courier chas, occasionally visit the scene and smile cheerfully at the downcast Journal. Englishmen. "It is all the work of the 'Gilded Man,' who is watching Facts In The Case. over his treasure mountain," they

Giles-Green tried to break a \$10 say, and they plainly hint that when bill last night. the rain comes-if ever it does come Miles-Didn't he succeed? Giles-No; it was too elastic; but stacle will defeat the desire of the he managed to tear it. - Chicago

Letter after letter from Mr. Knowles to the little office in the city Nothing But Boils. dejectedly refers to the determined Tommy-Paw, did Job have stone opposition nature has placed in his oruises on his heefs? Mr. Tucker-Probably not. "I regret to say rain absolutely re-Tommy-Gee! What did he know

about sufferin'? - Chicago Tribune. The healthiest trade is affirmed to be that of making dyes from coal tar, the average life of a worker in tar being 86 years, while the morlower than in

any other factory trade Ants are extraordinarily fond of liver, and may be exterminated by laying raw liver near their haunts. The liver, when covered with insects, should be thrown into boiling water

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

Self-interest has shattered many a Mrs. Winslow's Soothing Syrup for Children teething, softens thegams, reduces inflamma-tion, allays pain weres wind colic, 25c a bottle

Are stolen melons, like stolen kisses, the sweetest?

TERRIBLE SCALY ECZEMA

Emptions Appeared on Chest, and Face and Neck Were All Broken Out -Cured by Cutieura.

"I had an eruption appear on my chest and body and extend upwards and downwards, so that my neck and face were all broken out; asso my arms and the lower limbs as far as the knees. I at first thought it was prickly heat. But soon scales or crusts formed where the break-But soon ing out was. Instead of going to a physician 1 p. schased a complete treatment of the Cuticura Remedies, in which 1 had grea: faith, and all was satisfactory. A year or two later the ruption appeared again, only a little lower, but before it had time to spread I procured another supply of the Cuticura Kemedies, and continued their use until 'be ro was com-plete. 1. 1 now five years since the last attack, and have not seen any signs of a return. I have more faith in Cuticura Remed'es 'or skin discases than anything I know of. Lmma E. Wilson, Liscomb. Iowa, Oct. ', 1905."

Even a cheap man may be dear to ome woman,

CAPUDINE CURES to ucte immedia INDICESTION and WATE ACIDITY HEADACHES ALSO by

SHENANDOAH J J. COLLEGE A School for Boys and Girls, Young Meand Young Women. Academic, Collegiate, Commercial and Musical Courses. Experienced Christian Teachers. Home Camforts. Catalogue for 54th Session Fass. Address W. R. KLINE, Pres.

A HEALTHY OLD AGE OFTENTHE BEST PART OF LIFE

Providence has allotted us each at least seventy years in which to fulfill our mission in life, and it is generally our own fault if we die prematurely.



Nervous exhaustion invites disease.

This statement is the positive truth.

When everything becomes a burden and you cannot walk a few blocks with-When everything becomes a burden and you cannot walk a few blocks without excessive fatigue, and you break out into perspiration easily, and your face flushes, and you grow excited and shaky at the least provocation, and you cannot bear to be crossed in anything, you are in danger; your nerves have given out; you need building up at once! To build up woman's nervous system and during the period of change of life we know of no better medicine than Lydia E. Pinkham's Vegetable Compound. Here is an illustration. Mrs. Mary L. Koehne, 871 Garfield Avenue, Chicago, Ill., writes: "I have used Lydia E. Pinkham's Vegetable Compound for years in my family and it never disappoints; so when I felt that I was meaning the change of life I commenced treatment with it. I took in all about six bottles and it did me a great deal of good. It stopped my diszy smells pains in my back and the headaches. With which I had suffered for months before taking the Compound. I feel that if it had not been for this great medicine for women that I should not have been alive to-day. It is splendid for women old er young, and will surely cure all female disorders."

Mrs. Pinkham, daughter in law of Lydia E. Pinkham, of Lyan, Maas, invites all sick and ailling women to write

Lydia E. Pinkham, of Lyan, Mass., invites all sick and ailing women to write her for advice. Her great experience is at their service, free of cost.

W. L. DOUGLAS \$3.50 & \$3.00 Shoes



SHOES FOR EVERYBODY AT ALL PRICES.

Men's Shoes, \$5 to \$1.50. Boys' Succe, \$3
to \$1.85. Women's Shoes, \$4.00 to \$1.30.

Misses' & Children's Shoes, \$2.25 to \$1.00.

Try W. L. Douglas Women's, Misses and Children's shoes; for style, lit and wear they excel other makes.

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 are made, you would then understand why they hold their shape, fit better, wear longer, and are of greater value

than any other make.

Wherever you live, you can obtain W. L.
Douglas shoes. His name and price is stamped on the bottom, which protects you against high prices and interior shoes. Take no substitutions. prices and interior shoes. Take no substi-fure. Ask your dealer for W. L. Dougtas shoes and insist upon having them. Fast Ooler Epiclets used; they will not wear brawsy. Write for flustrated Catalog of Fall Styles. W. L. DOUGLAS, Dept. 15, Brockton, Mass.

When you buy WEATHER CLOTHING you want complete protection and long service.

These and many other good points are combined in TOWER'S OILED CLOTHING You can't afford to buy any other TOWER CO BOSTON USA CO

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