

ALL BROKEN DOWN.

No Sleep—No Appetite—Just a Continual Backache. Joseph McCauley, of 144 Sholto street, Chicago, Schemm of Tecumseh Lodge, says: "Two years ago my health was completely broken down. My back ached and it was so lame that at times I was hardly able to dress myself. I lost my appetite and there seemed to be no relief until I took Doan's Kidney Pills; but four boxes of this remedy effected a complete and permanent cure. If suffering humanity knew the value of Doan's Kidney Pills they would use nothing else, as it is the only positive cure I know."

For sale by all dealers. Price 50 cents. Foster-Milburn Co., Buffalo, N. Y.

Words Old Mare Understood. "It is a queer thing the way animals will learn the meaning of certain words," said Mr. W. T. Reeves, of Little Rock. "I remember as a boy a certain old gray mare that belonged to our family, which one of my older brothers had hidden the whole time of his service in the Confederate army. She was a magnificent saddle animal and ordinarily as gentle as a lamb, but if anyone ventured to say, when on her back, 'Look out, the Yankees are coming,' she would proceed to bolt at the very top of her speed, as though terror-stricken, and it was a difficult thing to quiet her down. I suppose the words had in some way been borne in upon her equine intelligence during the conflict and they must have had some frightful meaning. Once I addressed them to her to my sorrow, for suddenly wheeling she left the road and plunged into a thick piece of woodland, with the result that a projecting limb knocked me senseless to the ground. After that when astride of the old mare I studiously avoided all reference to the Yankees."—Washington Post.

How to Get to Sleep. Nervous people who are troubled with wakefulness and excitability have usually a strong tendency of blood to the brain, with cold extremities. The pressure of blood on the brain keeps it in a stimulated or wakeful state, and the pulsations in the head are often painful. If these symptoms occur in your case, you should rise and shake the body and extremities with a rough towel, or run smartly with the hands to promote circulation and withdraw the excessive amount of blood from the brain, after which you will probably fall asleep in a few minutes. A cold bath, or a sponge bath and rubbing, or a rapid walk in the open air, or going up and down stairs a few times before retiring, will aid in equalizing the circulation and promoting sleep.

The Century's Index. The Century Magazine has been trying the experiment of omitting the index from the last number of the volume, but it has announced that, beginning with the October number, which ends the current volume, the index will be restored. Many magazine publishers have found that it is not necessary to print an index for the entire edition, but a small edition only has been printed, and copies have been sent to persons who desire to preserve their numbers in bound form. The publishers of the Century have found out that so many readers of that magazine bind the numbers that it has become necessary to include the index, as heretofore, in the entire edition.

Fifty specialists are studying the data brought back by the Gauss Arctic expedition.

From the cradle to the baby chair. HAVE YOU A BABY? If so, you ought to have a PHOENIX WALKING CHAIR. AN IDEAL SELF-INSTRUCTOR. OUR PHOENIX Walking Chair holds the child securely, preventing those painful falls and bumps which so frequently when baby learns to walk. BETTER THAN A NURSE. The chair is provided with a removable, sanitary cloth which supports the weight of the child and prevents bow-legs and spinal troubles; it also has a table attachment which enables baby to find amusement in its toys, etc., without any attention. As indispensable as a cradle. It is so constructed that it prevents soiled clothes, sickness from drafts and floor germs, and is recommended by physicians and endorsed by both mother and baby. Combines pleasure and utility. No baby should be without one. Call at your furniture dealer and ask to see one. MANUFACTURED ONLY BY PHOENIX CHAIR CO. SHEBOYGAN, WIS. Can only be had of your furniture dealer.

WOMEN AWAKEN EASIER.

The Difficulties of the Hotel Clerk in Rousing Men.

"It is immeasurably harder to awaken men in the morning than it is women." George W. Collins, hotel proprietor, informs me, "A tap or two at a woman's door in the morning is sufficient. No matter how late she may have retired, no matter how exhausted she may have been, no matter how faint the 'yes' in answer to the knock, that comes from the bed, you can bank on it that within a half hour or so that woman will walk into the dining room bright-eyed and cheerful; but with a man—well, it's different.

"A man may leave a call for 7 o'clock in the morning with the warning that he must be up at that hour. A few minutes before 7 you detail a boy for the purpose and tell him not to stop pounding until the man awakes. The room may be on the top floor, but you can hear the thump, thump, thump on the door 'way down in the office. Does the man wake with a faint 'yes' and scramble out of bed? Not he. The boy knocks until his knuckles are sore, and then suddenly a stentorian voice roars from the room. 'Yes, yes, what in blazes is the matter with you? Do you think I'm dead?' The boy retires, turns in his report at the office and goes to ease his hand in cold water.

"Three hours later a swollen-eyed individual with wrinkles in his brow walks up to the desk. 'I thought I left a call here for 7 o'clock in the morning.' 'You did, and the bellboy woke you promptly at 7.' 'That's a little too strong!' is the answer, and after you've argued with him for half an hour you haven't convinced him that he was actually awakened as he had ordered. So it goes day after day. The women get up promptly in response to a call, while the men invariably turn over to have another nap."—St. Louis Globe-Democrat.

"The Line Is Busy." The advent of the telephone into the rural districts might have been expected to introduce an element of freshness and variety into the monotony of farm life. But some of the uses to which this instrument has been adapted by ingenious farm women surely go beyond the pleasant anticipations of its inventor.

In many of the counties of the middle West the telephone has become so popular that there is one in almost every farmhouse. Many incidents attest the adaptability of the instrument to the varied needs of country life. One old lady of well-known sociability was found by a chance caller sitting pleasantly at her knitting, and wearing what at first appeared to be some curious headgear, but what, on a closer view, was seen to be the telephone receiver fixed to her head by an old hatband. All the telephone subscribers on the road were on a single line, and the old lady's car was "bitched" to all the private news of the countryside.

In another instance a young mother, finding it necessary to go to a neighboring farm on household business, took down the receiver and laid it near her sleeping infant, and requested "Central" to "Ring me up at Mrs. Hall's if you hear the baby cry."

A physician, making a country call, found himself in want of something he had left in town. He went to the farmer's telephone to request that it be sent to him. As he did so the unmistakable click of receiver hooks could be heard all along the line. In closing his conversation the doctor said: "Now you may all hang up your receivers."

Prices in Sixteenth Century. Farm wages and the cost of living in "Merrie England" of 300 years ago present an interesting and suggestive subject for reflection. Dr. W. J. Rolfe, in an article in the April 7th issue of the Youth's Companion, entitled "A Warwickshire Farmer in Shakespeare's Day," says: "In 1594 a laborer got fourpence a day, with meat and drink, or eightpence to twopenny, finding himself. Mowers got eightpence with food or fourpence without it; reapers, sixpence or twopenny. In 1582 a capon cost sixpence, a calf five shillings, a firlin of butter seven shillings sevenpence, a cock (for fighting) fourpence, a pullet threepence. In 1583 a milch cow cost thirty shillings, a bullock seven shillings, a calf five shillings, six horses seven pounds, a porkling twenty-eightpence. The prices of other farm stock and produce were on the same scale. If wages were low, the cost of living was proportionately low, and the fare of the laboring classes was more plentiful than often in more recent times."—Progressive Farmer.

Genuine Antiques. The jealous clerk was trying to persuade Mrs. Comstock to buy a pair of antique brass candlesticks. "Madam, these are genuine old candlesticks." "Well, how am I to know they are?" "Because you can buy the imitations anywhere. And I advise you to snap these up while you can get them. There have been so many imitations that the demand for the genuine article is falling off, and the manufacturers will not make any more antique ones."

Blise's Romance. Richard Sattler, the publisher of Blise's notorious romance exposing the scandalous conditions in a small German garrison town, said in a recent interview that about 150 imitators of Blise have been rushed into print with stories containing similar disclosures. Most of these authors are retired and embittered officers; many of them send their manuscripts to him and all of them expect to get fabulously rich.

FARM TOPICS.

ALFALFA IS VALUABLE. Alfalfa is a valuable leguminous crop. Experiments made with it on the light, sandy soils of New Jersey demonstrate that if the seed is sown in the late summer or early fall alfalfa can be as easily grown as any other grass. When seeded down in spring it has failed, as weeds crowd it out.

THE CHICKENS' FOOD. Too much ground food is not beneficial to fowls. They have no teeth, the work of preparing the food being done by the gizzard, which must be made to do duty for the birds will not thrive. Ground or soft food will answer for an occasional treat, but the proper foods are hard grains, which the fowls prefer to grind for themselves through the agency of the gizzard.

GAPES IN CHICKENS. Camphor is a most effective remedy for gapes. Mix it with the feed in the proportion of a teaspoonful to a pint of feed. If only a few chickens are affected, feed a few bread crumbs which have been saturated, and they will be immediately relieved. It is sometimes necessary to repeat the dose.

GOOD SWARD. With a good pliable or rich loamy soil, it will always be a comparatively easy matter to produce a good sward, if we select the right kinds of seeds. For an acre, five bushels of a mixture of red top, crested dog's tail, Kentucky blue grass and Rhode Island bent grass, is good. If not convenient to obtain all these, either is good alone. My first choice would be red top, the second Rhode Island bent grass. After sowing and brushing in the seed, it is well to sow a good quantity of some fertilizer that contains ammonia, and then roll the ground with a good weight roller. When the grass attains the proper height to cut, I would cut the first time with a very keen-edged scythe; after the first cutting use the lawn mower, one with cylinder driving wheel preferred, that the ground may be kept smooth. At the approach of winter cover with a good thick coating of straw manure from the horse barn, raking off the straw in the spring and leaving the finer particles of manure on the ground.—F. H. Sweet, in The Epitomist.

CEMENT TROUGHS FOR HOGS. When made of wood, troughs for hogs are more or less unsatisfactory. The best and most durable trough can be made with good cement and coarse, clean sand in the proportion of one bucket of cement to two buckets of sand. Make a temporary frame for the outside of your trough, then pour in the cement material, and with a trowel fashion the inside as you wish. Leave the bottom concaved on inside like a bowl or kettle. The top edges should be two and one-half to three inches thick. A piece of chain put in the end of the trough in raking, near the bottom, makes it convenient and handy to move.

If cleats are desired, rods of round iron can be imbedded in the ground before it sets. These prevent hogs from lying down in the trough and wasting the contents. After having fashioned out your trough and put in iron bars for cleats, fill with water. The material will set better and your trough will wear for all time. Troughs of this kind six feet long are most convenient and much cheaper than wooden ones.—J. E. Sammon, in Farm and Home.



CEMENT TROUGH.

GOOD MILKING. Tests at the Storrs Experiment Station show conclusively that the amount of milk given by the cows and the purity of the product both depend upon the method adopted by the milker. One young man, who said he could milk, was given charge of the milking of six cows. At the end of a week the quantity showed a shrinkage of twelve per cent. In another experiment, in which five boys, previously taught as to proper methods, were tested as milkers, four increased the flow seven, ten, and five per cent, respectively. The following instructions in regard to milking are in use at the station: The milker should milk regularly, thoroughly and quietly. He should wear clean clothes, wash his hands before beginning to milk, and never wet them while milking. The cow should be brushed before being milked, and her flank and udder wiped with a damp cloth in order to minimize, as far as possible, the number of bacteria floating about in the vicinity of the pail, and likely to get into the milk. To the same end, the foremilk should be rejected, and the milking done into covered pails, with strainers arranged for the milk to pass through. Rejecting the first few spurts of milk from the teat removes the milk containing objectionable germs. The cleaner the milking is done the fewer the germs.—Massachusetts Ploughman.

Our Church Members. According to Dr. Walter Laflair, an authority, there are 30,000,000 church members in this country, of whom more than 10,000,000 are Roman Catholics.

HORTICULTURE.

THE UNSALABLE APPLES. All apples that are unsuitable for market should be disposed of in some manner, as even the sound fruit under trees will in time rot and contaminate the ground. Any fruit that can be utilized should assist in the production of vinegar or be evaporated for winter use.

CHANGING THE SUNFLOWER. And now the sunflower has been taken in charge by the cultivator and developer of flowers. Not, however, with the intention of making it larger, says the Boston Transcript, for the size was and always has been satisfactory. No, a course quite contrary to that followed with most flowers selected for "improvement" has been adopted, and a successful effort to make the sunflower a dainty blossom, almost modest enough to blush unseen, has been in operation. No changes in color have yet been attempted, and probably there won't be, though shades and tones are wonderfully and charmingly varied. But yellow or some variation of it the sunflower must always be. Would it be possible, though, to have it fragrant? Actually we believe it would, in these days of flower miracles. And wouldn't a fragrant sunflower, one with a pronounced fragrance, not just a "clean smell," be a charmer?

TO WATER OUTDOOR PLANTS. In wet weather no plants need watering. As long as the ground is moist artificial watering is not necessary. In protracted droughts watering is imperative. Well water, and rain, spring, creek or river waters are all excellent, says the Ladies' Home Journal. Instead of dousing and drying out the ground every day it is far better to soak the ground well now and then and try to retain the moisture in it. This is done by watering at night, and the next morning scattering the surface deeply with a silt rake, or by mulching with fertilizer, lawn mowings or half-decomposed tree leaves.

In watering give enough water at a time to penetrate to the lowest root; little dribbles do little good. Water plants when they are dry, no matter what time of day it may be, but the best time is in the morning and late in the afternoon and the evening. In dry, hot, sunny weather do not water plants overhead in the heat of the day; some may stand it with impunity, but others, funkies, for instance, may blister. In watering from a hose or a watering pot, no matter how great the flow may be, let it fall gently, and never so forcibly as to rut the ground, and do not dash it against the ground or against the stems or roots of the plants. But a good forcible dashing or hosing of water over the plants and in among their branches and leaves is excellent; it refreshes them and keeps them clean from dirt and insects, and enough may fall upon the ground to satisfy the roots.

Particular care should be shown in having flower beds and borders so arranged that rain water shall never stay in pools about them; have perfect surface drainage. In artificial watering never let the water run off in ruts. Scarcity of water and hot, dry weather give enervated constitutions and stunted growth, and are very conducive to the spread and evil of the red spider.

THINNING FRUIT. The advisability of thinning fruit is coming to be recognized by a larger number of fruit growers every year and is more largely practiced than ever before. It has not been very long since thinning was resorted to only when extra fine specimens of fruit were wanted for exhibition. The idea of thinning from a purely commercial standpoint is a comparatively recent one, and even at the present time its practicability is often questioned, while not a few still maintain that it is a loss of time and money to thin the crop.

That it is quite an undertaking, especially in a large orchard, must be admitted, and yet we are inclined to think that if judiciously followed, its benefits will certainly be revealed and that in the end its practice will place the figures on the right side of the ledger. Thinning may not be resorted to every year and there are shy bearing varieties which probably would require no attention in this line at all, but on the other hand there are years and varieties which should be given attention along this line. For a few moments let us notice some of the good results which are to be had from the practice of this method.

In the first place, it is a protection to the tree. Every orchardist in the State has no doubt been the loser of a fine tree simply because he neglected to see that it was not carrying too large a load. This loss may have occurred from a heavy wind storm which broke the tree down, when, if it had not been supporting such a load of fruit it would have withstood the storm without injury. Or perhaps the entire tree was not destroyed, but a branch or two was broken when, with a little attention, all of the damage might have been prevented. But there is another phase of this protection to the tree which we are not so apt to observe simply because its results are longer in coming. We refer to the lessened vitality and premature death of the tree from overbearing.—Michigan Farmer.

PEARLS OF THOUGHT.

God but tests where evil tempts. The Lord still cares for the lowly. No true sermon is an end in itself. A man's mark in the world depends on his aim. No man can put all his character into his collar. Winds of passion never yet brought a vessel into port. It is hard warning the soul at a brewer's display. The time to break off a bad habit is before you begin. Many preachers expect to unlock hearts with steel smiles. There can be no such a thing as an education without ethics. That for which anything is good enough is good for nothing. It is always the other man's track that looks smoother than our own. It is hard to comprehend God's ways while you are walking in them. He is not truly patient who is prepared to suffer only as much as seems good to himself, and only from those whom he himself chooses.—Thomas a Kempis.

Tibetan Military Discipline. We hear, too, of an abbot coming at one place to see Colonel Youngblood in order to apologize for the conduct of his monks in joining a recent attack upon the British. They had no business to fight at all, he said, but they had been egged on to do so from Lhasa. He had admonished them as a superior should; he had had them beaten! Not for a long time has there been anything more contented in the history of war and diplomacy. The monks of a Tibetan monastery are soldiers, somewhat like the old-time Knights Templar, and, like them, no doubt they prefer fighting to praying. There is only the abbot's word for the second whipping which his holy knights received, and Colonel Youngblood is too good an Orientalist to believe all he is told. But he was so pleased with the abbot that he remitted the fine of grain imposed upon his monastery and allowed the old man to go back happy to his praying wheel. What will next happen in such a country, no one can foresee. There came news later from the long-delaying Chinese Amban that he was on his way, as he had been for six months, and that the Dalai-Lama, at last roused to the necessity of the occasion, had provided him with a transport heading his rank. Certainly, in the end, the Dalai-Lama, or those who act for him, will go to any extreme to keep the expedition away from Lhasa itself. It is equally certain that the expedition will reach the city—or has reached it.—World's Work.

Act as You Were Broke. A Pittsburg boy who has made more than a little money by thrift and foresight has a friend who has many dreams, but all of them turn out baseless, says the Pittsburg Gazette. Among his friend's weaknesses is "playing the ponies," and he has more systems of doing the bookies than any one else in the city. The fact that the bookies keep right on in the business does not seem to discourage him at all. Each time he goes broke it is his habit to call on his rich friend and make a tuck, explaining that he has a new plan, which will enable him to repay all he has "borrowed" and have something left besides.

Not very long ago he went to his friend's office and explained that he was on the inside of the races at Hot Springs, and that he could secure \$700 was sure of making it increase at an alarming rate. He secured \$700 and departed for the health Mecca. Three days later, on a Saturday afternoon, came a telegram, saying: "I am broke, how shall I act?" The prosperous friend took until Monday morning to think out the appropriate answer. Then he wired: "Act as if you were broke."

Budget of Maxims. Rather than say nothing, men are content to speak ill of themselves. A proud man can never be a loser; no, not even when he renounces his pride. It is much less for a man's honor to distrust his friends than to be deceived by them. Few people have the wisdom to like reproaches that would do them good better than praises that do them hurt. It is with true love, so with ghosts and apparitions, a thing that everybody talks of and scarce anybody hath seen. The most disinterested love is, after all, but a kind of bargain in which the dear love of our own selves always proposes to be the gainer some way or other.—Rochefoucauld.

Spinning Bee in Maine. The Martha Washington Benevolent Society of Deer Isle met at sunset the other day for its annual spinning bee. Old-fashioned spinning wheels were in actual use. Among the exhibits was a quilt presented to the society for the benefit of the library, made by Aunt Salome Sellers, who is now nearly 104 years old.—Kennebec Journal.

Prima Facie Evidence. "The Smithers have a new gasoline stove," remarked Mr. Courtney to his spouse. "How'dja know that?" she asked. "I heard the explosion,"—The West. Eat.

USES FOR OLD SHOES.

When our shoes are discarded as "really too bad for anything," they have by no means finished their course of usefulness. The second-hand dealer, perhaps, buys them up and, after renovating them to the best of his power, sells them again to some poor person. When finally discarded as foreign they still have a future. They come into the hands of the rag dealers, and by them they are sold to factories, where the leather they contain is submitted to various processes till it gradually forms a material resembling in appearance morocco leather. Upon this designs are stamped and handsome wall papers, coverings for trunks and other articles are made from it. Fact is oftener stranger than fiction, and it is sober fact that many a handsomely furnished library and dining room has its walls covered with a costly and beautiful leather paper which was made from old shoes.

The Longest Fence in the World. The fence about the Fort Belknap, Indian reservation, which is 40 miles wide and 60 miles long, has been finished, according to a dispatch from Helena, Mont. It probably is the longest fence in the world and has taken years in building. The plan is to protect the flocks and herds of the Gros Ventres and Assiniboines from intrusion, as well as to keep them from straying.

FITs permanently cured. No fits or nervousness after first day's use of Dr. King's Great Nerve Restorer. 231 East Broadway, N. Y. There are twenty-four cures in the United States. I do not believe Pilo's Cure for Consumption. I cannot fully express the joy and thankfulness that is in my heart. Our home is a different place now, as we have something to live for, and all the credit is due to Lydia E. Pinkham's Vegetable Compound. Yours very sincerely, Mrs. L. C. Glover, 314 Grove St., Milwaukee, Wis. Vice-President, Milwaukee Business Woman's Association.—25000 Perfect if original of above letter proving genuine. Next cannot be returned.

Billiards \$15. Burrows Portable Combination Billiard and Pool Table for Home Playing, \$15 and up. 6 to 8 feet long. Set up on any kind of floor. Set away on wheels. 16 feet table, 4 cues, 40 implements and book of rules for 26 games gratis. Course of daily enjoyment for entire family. Sent on trial. Write for Catalogue L and Colored Plates. The E. T. Burrows Co., Free St. Portland, Me.

The Eminent Scotch Physician. When all other help fails consult DOCTOR GINER. He will cure you of Cancer, Consumption, Nervous Debility and long standing rheumatism. 201 West Second Street, Pittsburg, Pa. All advice free of charge. RHEUMATISM cured by the hydrotherapy of the Hot Springs of Saratoga, N. Y. A single year's treatment here will cure you of Rheumatism, Gout, Gravel, Neuritis, Sciatica, and every other kind of Rheumatism. Write for our circular. One will generally give relief. For an entire cure, send for our circular. Without a cent.

Around the World. "I have used your Fish Brand Slicers for years in the Hawaiian Islands, and found them the only article that suited. I am now in this country (Africa) and think a great deal of your cuts. (Send on application)." The world-wide reputation of Tower's Waterproof Oil Clothing is well known. It is the positive worth of all garments bearing this sign of the Fish. A. J. TOWER CO. Boston, U. S. A. TOWER CANADIAN CO., LIMITED Toronto, Canada. WANTED—AGENTS to sell a reliable home-made article. Send for circular. Address, Carrier No. 3, Utica, N. Y.

DROPSY NEW DISCOVERY. PAINFUL SWELLING OF THE FEET, ANKLES, WRISTS, HANDS, AND OTHER PARTS OF THE BODY. Send for circular. Address, Carrier No. 3, Utica, N. Y. P. N. U. 42, 1904. PISO'S CURE FOR SORE THROAT. SORE THROAT, BRONCHITIS, AND ALL AFFECTIONS OF THE THROAT. Send for circular. Address, Carrier No. 3, Utica, N. Y.

W. L. DOUGLAS \$3.50 SHOES. BEST FOR THE BOWELS. CANDY CATHARTIC. GUARANTEED CURE for all bowel troubles, appendicitis, biliousness, bad breath, bad humor, wind on the stomach, bloated bowels, foul mouth, headache, indigestion, pimples, pain after eating, liver trouble, yellow skin and dizziness. When your bowels don't move regularly you are sick. Constipation kills more people than all other diseases together. It starves chronic ailments and long years of suffering. No matter what ails you, start taking CASCARET today, for you will never get well and stay well until you get your bowels moving. Take our advice, start with Cascarets today, under absolute guarantee to cure or money refunded. The genuine tablet stamped C. C. Never sold in bulk. Sample and booklet free. Address Sterling Remedy Company, Chicago or New York.



Mrs. L. C. Glover, Vice-President Milwaukee, Wis., Business Woman's Association, is another one of the million women who have been restored to health by using Lydia E. Pinkham's Vegetable Compound.

DEAR MR. PINKHAM:—I was married several years and no children blessed my home. The doctor said I had a complication of female troubles and I could not have any children unless I could be cured. He tried to cure me, but after experimenting for several months, my husband became disgusted, and one night when we noticed the testimony of a woman who had been cured of similar trouble through the use of Lydia E. Pinkham's Vegetable Compound, he went out and bought a bottle for me. I used your medicine for three and one-half months, improving steadily in health, and in twenty-two months a child came. I cannot fully express the joy and thankfulness that is in my heart. Our home is a different place now, as we have something to live for, and all the credit is due to Lydia E. Pinkham's Vegetable Compound. Yours very sincerely, Mrs. L. C. Glover, 314 Grove St., Milwaukee, Wis. Vice-President, Milwaukee Business Woman's Association.—25000 Perfect if original of above letter proving genuine. Next cannot be returned.

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