SUFFERED FROM CATARRH OF LUNCS SO COMMON IN WINTER. CURED BY PE-RU-NA. A COLD ON THE LUNGS THREATENS TO BECOME SERIOUS. Pe-ru-na Brings Speedy Relief.

SHIC FRANCISWILSON A PLAIN TALK

On a Plain Subject in Plain Language.

The coming winter will cause at least one-half of the women to have catarrh, colds, coughe, pneumonia or consumption. Thousands of women will lose their lives and tens of thousands will acquire some

KEEP chronicailment from which

KEEP PFRUNA IN THE HOUSE. H

Peruna is a safeguard, a preventative, a specific, a cure for all cases of catarrh, acute and chronic, coughs, colds, consump-tion ate

For free medical advice, address Dr. S. B. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.





The Cow and Calf. week previous to their calving and change a liberal bed every day. If our calves show any disposition to white scours we doctor them at once. We have tried a half dozen remedies, We have lost a good many cows, and I believe the loss of calves in the United States by white scours is about \$4,000, 000 per annum. So we made an object of raising calves, and wanted to find the best remedy for this disease, and

we kept trying until we found this one to be good, and in about three out of four cases it is successful. As soon as it is discovered that the

calf has the scours, which will be soon after it is born, give it twenty drops of laudanum; in six hours give it twenty drops more, and if no relief is manifest at the end of twelve hours more give it forty drops, and in ten hours more you will have a dead calf or a live one, and in three cases out of four the calf revives. This has been my experience for five years. We raise twenty calves per season .-- George Campbell in the Massachusetts Ploughman.

Gathering and Facking Eggs.

Abel Todd in the Epitomist.

Packing the Soil,

plant early in the season has led many

farmers into the injurious practice of

plowing so early that the furrow slices

of the upturned soil can be compressed

restore their friability and value for

to allow their stock to range over the

gathered, and even during winter with

Thoughtlessness and over-anxiety to

Mrs. H. E. Adams, ex-President Pal-tetto Club, of New Orleans., La., writes on 10 Gartield Court, South Bend, Ind., Eggs should be gathered every day in summer and oftener in winter, un-"I am pleased to endorse Peruna. as I took it about a year aço and it soon brought me retief from a cold on my lungs which threatened to be less the henhouse is warm enough so that the eggs will not freeze and burst the shell. Put the eggs into a basket with the small end down until ready to pack in boxes for shipping, and keep in a cool room. Then pack in the box with the card-board separators, with the small end down. They will keep

"The lungs were sore and inflamed, I coughed a couple of hours every night, and I felt that something must be done before my image became affected. "Peruna was suggested by some of my friends who had used it, and acting upon their advice I tried It and found that it was able to bring about a speedy cure. You have my highest endorsement and thanks for the good it did me." fresh longer if packed in this way than if put into the boxes in a haphazard manner. The reason for this is found in the fact that the yolk cannot settle

Sounding the Praises of Peruna.

Serious.

Mrs. Frances Wilson, 32 Nelson St., hnton, Mass., writes: "Had you seen me at the time of my illress and now, you would not wonder that take delight in sounding the praises of "My ailment was a severe cold which at-tacked the bronchial tubes and lungs. "I followed your special directions and after using six boliles of Peruna, I was on my feet again. I think Peruna a wonderful medicine."

Helen Gould's Charities. Her law school course illustrates another trait in her character. She is

careful, judicious, an excellent business woman even in the bestowal of her charities. The misdirected fervor of the sentimental giver of gifts is not hers. She is fortunate that it is not. Emotional philanthropy would long ago have made her a bankrupt. Her fortune, at a conservative estimate, is about \$15,000,000; if she complied with all the requests for money which she receives, it would take her something less than two years to dispose of it. She receives about 100 letters a day asking for sums which make a weekly total of about \$150,000. She is asked to buy vessels for old sea captains, to raise nortgages on Western farms, to train the voices of embryo Pattis on the prairies, to educate young men for the ministry, to contribute to ladies' aid society fairs in country villages,

just a little. Your horse's hoof de-We turn our cows into a box stall a mands a certain kind of shoe, and it can easily be ruined by being shod just as all other horses are shod. It has been found that a heavy shoe, which keeps the frog from the ground, will wear out as soon as a light one that allows the frog to touch the surface, that it is much more likely to come off and be lost, and that it greatly increases the labor of the horse in traveling. Light nails should always be used. They will hold the shoe as long as it ought to remain, and will not injure the hoof as much as large

and heavy nails. As the shoe protects that part of the hoof it covers, while the remainder is constantly wearing away, it becomes necessary to remove it occasionally, and by paring off the more rapidly growing part to bring the different portions into their relative position. Some horses need to be shod more frequently than others. Horses that are kept on the road, draying or hauling, need new shoes every month or six weeks; but animals

in the stable, and are driven out only occasionally need not be shod as frequently as this. Neither the frog nor the sole should be removed in shoeing and the wall of the hoof should be cut away only enough to take off the surplus growth. The rasp should never be used on the wall of the foot, either for making a groove, for sinking the nail clinches or for the purpose of improving the looks of the foot. The nails should not be driven too tight ly, and in removing the old shoe, care is needed to prevent injury to the hoof -Dennis H. Stovall, in the Epitomist

Work in the Wood Lot.

A wood lot that will furnish plents to the shell when the small end is put of fuel for home use, and where there down and the air cannot strike the is sufficient growing timber for the yolk as long as it does not touch the lumber that will be needed for repairs shell. When eggs bring a good price it or the erection of new buildings, is a is better to sell the eggs than to raise valuable part of the farm and should chickens to sell, for the profit is good be highly prized and judiciously cared and there is not so great an outlay. By for by the owner.

all means raise chickens when eggs do-It does not require a very large area not bring a very good price. Among of thrifty woodland to afford a plentithe most prolific layers will be found ful supply for the household. By care the Black Spanish, the Black, White ful management there should be a suf and Brown Leghorns, Poland, Hamficient amount afforded each year with burg, Creve Coeur and La Fleche out detracting from the value of the which are larger than Black Spanish lot, as there will usually be trees that but somewhat similar to them .-- Ceeil are past their maturity or dead and that should be removed, to give place to a young and thrifty growth that will

soon make its appearance. It will require a little more work and care to move these separate trees and not injure the other than if the trees were to be taken clean, but it will fully pay for the extra work required.

glisten in the sun and when a handful In all old wood lots there will be of the trees will be attacked and in the paim of the hand like putty. In large trees that have long ago attained blighted where the disease assumes this way very good clay uplands are their growth and maturity and would an aggravated form; sometimes killing so badly injured in a single season that better be removed. They may be huge the trees outright; but more often unwieldly and difficult to reduce to years of clover seeding are needed to weakening them to a degree which dethe proper size for the stove or furn stroys their future usefulness, ye cultivation. Trampling land by stock ace, but as this work is now largely leaving life enough to perpetuate and in winter is a practice far too comdone by the use of power-saws, there distribute the disease the following will be little difficulty in the matter. mon. It is the custom of some farmers year. All diseased fruit and twigs and one of these trees will make a should be removed and destroyed as fields as soon as the latest crops are large amount of the best kind of fuel ried on these railways in 1903 was soon as observed, as well as the trees solid and lasting. Some farmers have 110,000,000, the freight transported which have been so badly damaged as out regard to the condition of the their fuel sawed and, at least, partly was 16,122,671 metric tons and the to be half dead from this cause. As split in the woods, and this saves some ground, whether it is water-soaked each receipts amounted to about \$23,a preventive measure the trees should work and makes it easier handling the 900,000 be sprayed with Bordeaux mixture wood in drawing. Occasionally it may early in the spring when the buds combe better to cut off all but the small trees from a portion of the wood lot, mence to swell and again after the falling of the calvxes, or green sheaths and allow a new growth to take its at the base of the blossoms. While place. Where stock is kept off these denuded places the young growth will this will not entirely prevent the dis ense in a year in which it is prevastart up thriftily and soon present a very flourishing appearance. lent. It will altoge her with the pre-The time for cutting, drawing and cautionary measures above recommended and a judicious thinning of selling wood by the cord, which was at the fruit go far toward keeping it in one time largely practiced in some parts of our state has gone by. There, subjection .- National Fruit Grower,



UNPRODUCTIVE FRUIT TREES. Great luxuriance in growth of fruit trees is often the cause of unfruitful-No tree commences to flower ness. and fruit until its vegetative exuberance has been partially checked. Those who understand the art of fruit culture thoroughly can bring these wayward trees into bearing by root prun ing them. This may be done by digging a trench around the tree and then filling it up with the earth that has been thrown out. The cutting off the ends of the roots causes check to the extreme vigor, and whe result is the production of flowers instead of branches. The distance from the trunk that the trench should be dug will, of course, depend upon the age and size of the tree, and also its ratio of luxuriance; the aim should be to dig so as to cut off about one-third of its roots. Root pruning may be done at any time during fall or winter.-E. B. Rice, in The Epitomist.

SINGLE WHEEL TRUCK.

With this truck one can pick up a barrel or bag of grain, fruit or vegetables and wheel it away, even over a rough path, something almost impossible with the small, double wheeled that spend a greater part of their time grocery and freight trucks. A blacksmith will mount a wheel beneath a frame, as shown in the cut, and the



frame ought to be within the ability of any one handy with tools. A me dium sized single wheel truck will do much work and do it easier than is possible with a small double wheel truck .- Orange Judd Farmer,

BROWN ROT.

This is one of the most troublesome diseases which affects the plum orchard. When affected with it the fruit rots at the time of ripening, showing the first indications of the trouble where two plums touch each other on the tree. In moist, warm weather the disease develops most rapidly, the fruit turns brown and a gray mold or fungous covering will be observed. Much of the fruit drops off, but some of it will dry up and hang on the trees over winter. Not only is the fruit affected, but often the leaves and tender twigs



intendent of Streets of Lebanon, Ky., S says: "My nightly rest was broken, owing

to irregular action of the kidneys. I was suffering intensely from severe pains in the small of my back and through the kidneys and annoyed by painful passages of abnormal secretions. No amount of doctoring relieved this condition. I took Doan's Kidney Pills and experienced quick and lasting relief. Doan's Kidney Pills will prove a blessing to all sufferers from kidney disorders who will give them a fair trial."

Foster-Milburn Co., Buffalo, N. Y., proprietors. For sale by all druggists, price 50 cents per box.

Rhinocercs Butts Train.

A collision recently occurred on the Uganda rallway, British East Africa, that would be possible nowhere else on earth. A huge bull rhinoceros rushed out of the bush and charged at full speed the so-called "up-mixed" train, which was slowing down as approached the station Sultan Hamond, 218 miles from Mombasa. The train was stopped, and the "rhino" was discovered about 100 yards down the track. Slowly he re-turned to the jungle, and was lost to sight. He did not escape unharm ed, for pleces of his thick skin were found adhering to the train, but

fierceness of his assault smashed the engine step and splintered the inchand-a-half footboard of the first carriage.

A Fortune in Orchids.

Miss Ames, of North Easton, Mass. has the finest private collection of orchids in America. It is worth be-tween \$300,000 and \$400,000. Many of the specimens were brought direct from Borneo or the Indies.

BABY'S TERRIBLE SORE

Body Raw With Humor-Caused Untold Agony-Doctor Did No Good-Mother

Discouraged-Catleura Cured at Once. "My child was a very delicate baby. A terrible sore and humor broke out on his body, looking like raw flesh, and causing the child untold agony. My physician prescribed various remedies, none of which helped at all. I became discouraged and took the matter into my own hands, and tried Cuticura Soap and Cuticura Ointment with almost immediate success. Before the second week had passed the soreness was gone, not leaving a trace of anything. Mrs. Jeannette H. Block, 281 Rosedale St., Rochester, N. Y.'

John D. Crimmins is endeavoring to arrange for the exhibition in New York city of the Irish exhibit at the St. Louis fair, and has obtained an option on a building in which to put the exhibit on show.

Among the property enumerated by ex-President Paul Kruger in his will was a bottle of snuff, an ear tube, a silk hat, a straw hat and purses con taining about \$20 in Transvaal and British colns.

Railroading in Janan. Japan has 4236 miles of railway, of which 210 miles were constructed in 1903. The number of passengers car-

His Views For Sale. The story is told by President Hadley, of Yale University, who enjoys a good story none the less if he himself be the victim. Mr. Hadley was traveling in Yellowstone Park when he chanced upon a young man, who from his appearance he judged was a student

"This is a wonderful scene, isn't it?" said the Professor.

The stranger smiled, nodded to his questioner and turned without speak-

ing to look at the view. "Do you think," asked Professor Hadley, now confirmed in his idea that he was talking to a student, "that this chasm was caused by some great upheaval of nature, or is it the result of crosion or glacial action?" What are your views"----

"My views," said the stranger quickly, opening a bag he carried containing photographs, "are only \$2 a dozen and are cheap at the price. Let me show you some samples."

Prof. Samuel B. Prescott, assistant rofessor of blology in the Boston Institute of Technology, has been ap-pointed to the list of collaborators of the leading bacteriological journal in Germany. He has been recognized as an authority in this branch of science.

FITS permanently cured. No fits or pervou ness after first day's use of Dr. Kline's Great Nerve Bestors: \$2tria' bottleand treatise free Dr. R. H. KLINE, Ltd., 981 Arch St., Philo., Pa.

Cavalry of the west coast of Madagascar ride oxen

A Guaranteed Cure For Piles. Itching, Bind, Bleeding or Protruding Piles. Druggists will refund money if Pazo Ointment fails to cure in 6 to 14 days. 50c.

All the soldiers in the army of Argen-tina are forced to play football.

Mrs. Winslow's Soothing Syrup for children teething, soften the gums, reduces inflamma-tion, allays pain, cures wind colic, 25c.a bottle

The cost of living has doubled in Spain in the last few years.

Piso's Cure cannot be too highly spoken of ssa cough cure, -J. W. O'Brins, 322 Third Avenue, N., Minneapolis, Minn., Jan. 6, 1900.

At a "smart" dinner in New York but-ter is not served

Storm Periods.

Much interest has been excited in scientific circles by the investigations of E. W. Maunder, superintendent of the Greenwich Observatory, in regard to the periodicity of magnetic storms and their recurrence at intervals coincident with the time required for a spot on the sun to go once around and reappear opposite the earth. The conclusion reached is that magnetic storms, like the spots on the sup, are very likely to come every 27 1-3 days, or at intervals exactly divisible by that time.

The Sultan of Turkey and the Queen of the Netherlands are the only total abstainers among European sovereigns.



SINGLE WHEEL TRUCK.

(PATENTED)

"AN IDEAL SELF-INSTRUCTOR." OUR PHOENIX Walking Chair O holds the child securely, pre-vonting those painful falls and bumps which are so frequent when earns to walk.

"BE TTER THAN A MURSE." The chair is provided with a re-movable, sanitary cloth seet, which supports the weight of the child and prevents bow-legs and spinal troubles; it also has a table attach-mant which which a bab to for ment which enables baby to find amusement in its toys, etc., with-Cut any attention. "As indispensable as a cradie."

It is so constructed that it pre-rents 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 nd ask to see one. WANTPACTURED ONLY BY

PHOENIX CHAIR CO. **BHEBOYGAN, WIS** Can only be had of your furniture dealer

LEARN TELEGRAPHY IT PAYS. Operators in smand. Our prospectus lis you all about it. Ex-tases low. Write to-day. THE MEREDITH COLLEGE, ZANESVILLE, 0. TAKE CARE OF YOUR HAIR BY USING MONTGOMERY'S HAIR RESTORER.

notes the growth. Restores its anal color. Prevents the failing-s from dandruff Used fity years. by all druggists. 14 00. WM. C. MONTGOMERY CO.

Bih Street. Fhl'adelphia, Pa.

ENSION JOHN W. MORBIS Successfully Prosecutes Claims, the Principal Bramther U.S. Pension Buryan, ratu aivil war, Ib adj adicating claims, atty sines

DROPSY NEW DISCOVERY; sires Bend for book of testimoniais and 10 days

P. N. U. 8, 1905. PISO'S CURE FOR and Fill ALL III (ALL and Courts Strate, All III (ALL) In time, and by drugster. UMPTICIN

earte of in Herself a strikingly unextravagant woman in matters of dress and all personal expenditure, she is asked by prospective brides to provide sums anging as high as \$2,000 for their modest trousseaux. Parents write her nthusiastic letters describing the charms of young Helen Miller Gould Smiths or Joneses, and saying how gratefully a nucleus for these young adles' future dowries will be received. In one banner week the begging public-including of course, the respectable beggars for worthy charities as well as the mere preyers on unso-phisticated kindness-asked for a

Bazar. MIGHT HAVE SAVED IT. A Lot of Trouble From Too Much Starch Food.

A little boy of eight years whose parents did not feed him on the right kind of food, was always nervous and suffered from a weak condition of the stomach and bowels. Finally he was taken down with appendicitis and after the operation the doctor, knowing that his intestinal digestion was very weak, put him on Grape-Nuts twice a day. He rapidly recovered and about two months thereafter, his Father states, "He has grown to be strong, muscular, and sleeps soundly, weighs 62 pounds, and his whole system is in a fine condition of health." Name given by Postum Co., Battle Creek, Mich.

It is plain that if he had been put on Grape-Nuts at an earlier period in his life, and kept from the use of foods that he could not digest, he never would have had appendicitis. That discase is caused by undigested food decaying in the stomach and bowels, causing irritation and making for the growth of all kinds of microbes, setting up a diseased condition which is the active cause of appendicitis, and this is more marked with people who do not properly digest white bread.

Grape-Nuts is made of the selected parts of wheat and barley and by the peculiar processes of the cooking at the factory, all of the starch is turned into sugar ready for immediate digestion and the more perfect neurishment of all parts of the body, articularly the brain and nerve cent es. Read the little book, "The Road to

Wellville," found in each pkg.

or not. There is no practice more get eral and none which destroys the very life of the land more quickly than packing clay soil when it is wet, converting it into a cement-like substance with its fertilizing elements rendered almost wholly inoperative. The grazing of animals in wet fields and plowing when the ground is too wet are practices almost universal among tenants, who are often careless and indifferent if not ignorant as to the result upon the land which is far more injurious than excessive cropping without fertilizing which is quite common throughout the western and southern nillion and a half dollars .- Harper's states. D. B. White, in the Epitomist.

The Horse's Shoe.

As a ranch-boy, driver and freighter in the west, I can agree with many who declare that bad shoeing has done more to injure and ruln good horses than all other causes. Freight horses, patiently hauling their great loads of merchandise over rocky roads, are fre quently made to wear shoes that must

be as painful to them as the Chinese stock is to the heathen lady of the Orient. The shoeing of horses is a business that falls properly to blacksmith, not alone in the west, but over the entire country, yet many of these blacksmiths exercise as little care in shoeing a horse as they would

in fastening a piece of iron to a log

the

Many of them are men who know abso lutely nothing about the anatomy of the horse's foot. They pare down the frog and sole, and tear off the crust of the hoof with a rasp. I have seen them heat the shoe to a red heat, suf ficient to burn the hoof, and hold in to the horse's foot to make a level surface and a quick job. No wonder the poor horse goes limping out of the shop in a much worse condition than when he entered. Among the long list of ailments with which the horse is afflicted, many are the results directly or indirectly of bad shoeing. Navicular disease, laminities, founder, contracted

hoofs, thrush, cracks, and various other ills, can all be traced to this source Men who shoe horses ought to be made to pass an examination, or at least prove their ability in some way be fore they spoll a score of good and mals in learning the trade. But in the

meantime it is well for every owner and driver of a horse to study shoeing

vas a great destruction of the forests and the winter season witnessed much activity in this business. Too much of it was done and now, in consequence action is being taken for the preserva-

tion of the woodlands as a most valuable part of the farm property.

Before there is much snow is a good time to select the timber for the purpose, as well as to cut and prepare it for drawing in logs or to reduce to firewood on the ground. To make a job complete the brush should be piled or otherwise disposed of. A clean, wellcared for wood-lot or forest area is pleasant to look upon and a credit to the owner.

The writer occasionally passes a field by the roadside where there is an extensive addition to a sugar orchard made by the setting out of a large numeer of young maples by the owner. It s on common pasture land and the trees were placed in fairly regular order. They seem to have done very well since, are in a turifty condition. and there were only a few failures, less han would have been supposed in a field where cattle are pastured. Some time these trees will make a fine adroots have been curtailed. The holes lition to the adjoining sugar orchard. I think this is the first and only intance of the kind that has come under my observation, but if it will prove successful in this case, then it may be in others, and perhaps by its aid some unproductive land may be put to a good use .- E. R. Towle, in The by the roots of the tree is of great ad-Massachusetts Ploughman.

Caught.

vere always lying about yourself. Bragg-Sir, I am not accustomed to hat kind of talk. I'm a gentleman,

Snappe-There you are again. London Tit-Bits.

ABOUT TRANSPLANTING.

In the West trees do better when planted in November or December, or early in the spring. A neighbor of mine set out twenty acres of apples last year in December, and lost none of them, and over 500 acres more will be set out this De, ember by apple growers of this section of Oregon. Cloudy days are preferable for setting out trees, and here in Oregon, where someone has

said it rains thirizen months of the year, cloudy days are plentiful in December, but in other States they may not be so, and it is best under those circumstances to do as much of the work as possible late in the afternoon Roots should be dipped in water, and set in freshly-stirred soil as soon after removal from the nursery as possible It is Enperative that the soil be pressed firmly around the roots. It is a good plan, when digging holes for trees to set that removed near the top to the side, and place this first about the roots. Trim off carefully all broken or mangled roots, and cut back the tops in the same proportion that the

should be of sufficient size to allow the roots to spread in the natural condu tions, and deep enough to have the trunks stand a little lower than they stood in the nursery. Mulching a circle somewhat larger than that occupied vantage, especially in dry soils. The transplanting of trees from the fores is a much more difficult matter that Snappe-Yes; I believe I did say you, that of trees from the nursery, as the

latter have already been removed from their parent seed-bed, and hence forced to keep their roots compact. In taking up such trees care should be taken

to secure good roots and to leave as much earth on them as possible -D. H. Stovall, in The Epitomist.

Beware of Ointrasats For Cataor's That Contain Mercury, as mercury will surely destroy the sense of

as mercary will survey destroy the sense of smell and completely derange the whole sys-tem when entering it through the mncons surfaces. Such articless should never be used except on prescriptions from reparable pay-sicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarra Cure, manufactured by F. J. Cheney & Co., Toledo, G., contains no mercury, and is taken internaily, acting directly upon the blood and mucoussurfaces of the system. In buying Hall's Catagran Cure has no act the argument of the total in be sure you get the genuine. It is taken in-ternally, and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free. Sold by Druggists: price, 75c, per bottle, Take Hall's Family Pills for constipation.

Germ Day,

The State of Utah has established a holiday in honor of germs. It is called General Health Day and is the first Monday in October. On this day ill theatres, churches, public halls, hotels, boarding houses, etc., must be thoroughly disinfected.

To Cure a Cold in One Day Take Laxative Bromo Quinine Tablets. All druggists refund money if it fails to cure. E. W. Grove's signature is on box. 25c.

There are 44,000 hotels in the United States.

The Minister of the Interior at Santiago, Chile, has granted a concession for extending the railroad across the Cordilleras to Mendoza, Argentina. Chile guarantees the interest payment per cent on the construction of 5 capital of \$7,500,000.

Another club woman, Mrs. Haule, of Edgerton, Wis., tells how she was cured of irregularities and uterine trouble, terrible pains and backache, by the use of Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINEHAM :- A while ago my health began to fail because of female troubles. The doctor did not female troubles. help me. I remembered that my mother had used Lydia E. Pinkham's Vegetable Compound on many occasions for irregularities and uterine troubles, and I felt sure that it could not harm me at any rate to give it a trial.

"I was certainly glad to find that within a week I felt much better, the terrible pains in the back and side were beginning to cease, and at the time of menstruation I did not have nearly as serious a time as heretofo so I continued its use for two months. and at the end of that time I was like a new woman. I really have never felt better in my life, have not had a sick headache since, and weigh 20 pounds more than I ever did, so I un-hesitatingly recommend your medi-cine." - MRS. MAY HAULE, Edgerton, Wis., Pres. Household Economics Club. - \$5000 forfeit if original of above letter proving penvineness cannot be produced.

SEND STAMP-Get description of 5 chespest farms in Chio. H. N. Bancroft, Jefferson, O.



wind on the stomach, sallow skin and directory after cating, liver trouble, sallow skin and directory rily you are sick. Constipation kills more people than all other diseases on chronic aliments and long years of suffering. No matter what alls you, so chronic aliments and long years of suffering. No matter what alls you, so chronic aliments and long years of suffering. No matter what alls you, so chronic aliments and long years of suffering. No matter what alls you, so chronic aliments and long years of suffering. No matter what alls you, so chronic aliments and long years of suffering. No matter what alls you, so chronic aliments and long years of suffering. No matter what all you are constructed in balls. So right Tak