# A Clean Man

Outside cleanliness is less than half the battle. A man may scrub himself a dozen times a day, and still be unclean. Good health means cleanliness not only outside, but inside. It means a clean stomach, clean bowels, clean blood, a clean liver, and new, clean, healthy tissues. The man who is clean in this way will look it and act it. He will work with energy and think clean, clear, healthy thoughts.

He will never be troubled with liver, lung, stomach or blood disorders. Dyspepsia and indigestion originate in unclean stomachs. Blood diseases are found where there is unclean blood. Consumption and bronchitis mean unclean lungs.



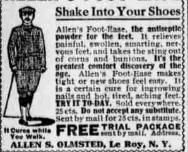
# Dr. Pierce's Golden Medical Discovery

prevents these diseases. It makes a man's insides clean and healthy. It cleans the digestive organs, makes pure, clean blood, and clean, healthy flesh.

It restores tone to the nervous system, and cures nervous exhaustion and prostration. It contains no alcohol or habit-forming drugs.

Constipation is the most unclean uncleanliness. Dr. Pierce's Pleasant Pellets cure it. They never gripe. Easy to take as candy.

## THE WALKING OF WESTON Always Stimulates INTEREST IN WALKING **ALLEN'S FOOT-EASE**



WANTED-Embroiderers on linen and lawn shirt waist patterns. Experienced only apply. Send small sample Good paying and continuous work. THE CORINNE MANUFACTUR-ING COMPANY, STA GAIRS A come, Brooklyn, N. Y.

### To Abolish Poorhouse.

The town of Mont Clair, N. J., be Heves that prosperity has come to There are no poor left in the township and the authorities have de-cided to abolish the poorhouse. The building will be torn down this summer and the land converted to the park department for use as a play-

For Red, Itching Eyelids, Cysts, Styes, Falling Eyelashes and All Eyes That Need Care, Try Murine Eye Salve. Asseptic Tubes, Trial Size, 25c. Ask Your Drugist or Write Murine Eye Remedy Co., Chicago.

### The Value of the Dream.

A pillow-dream is a night-adventure of your subconscious self. You wan-der without volition in a weird world which are best dreamed when the spine is vertical and every fiber of mind, soul and heart vibrant and vital. On these occasions we are in the class of our best mood—the mood of concept and creation. The wine of this mood is red like blood and the resultant intoxication is the holiest experience of which we are capable. In its ence of which we are capable, high hours the soul is never maudin or fuddled; it grips life strongly and deals with it in divine fashion, whip-ping its fugitive elements into orderly the dependable planets which can be found nightly at a given point in the heavens.—Metropolitan Magazine.

### erils of a Great City.

The perils of a great city are once more illustrated. A crowd in an elefrothing maniac. He began firing at the White House.-Harper's Weekly. random from a revolver, wounding one man seriously and driving the trainload of passengers through the windows and doors as rapidly as they could go. Several stalwart passen-gers grappled with him, and with the help of policemen landed him in a station house. When he was searched a badge was found pinned on his vest. He was one of New York's "Finest." He was simply a drunken policeman.

TWO-THIRDS OF TIMBER WASTER IN CONVERSION.

Most Extravagance Takes Place In Saw-Mills-American Use

Lavish. Washington-The lavish use of lum-ber in the United States for per cap-

ita consumption is from three to 10 times greater than that of the leading nations of Europe, five eighths of the rough lumber sawed in this country serves as raw material for conversion into a more highly finished and val-uable product, such as furniture, musical instruments, farming implements, etc.

The waste in the woods, the mill and the factory, it was said at the forest service, is so great that two-thirds of what was in the tree is lost on the way to the consumer. The heaviest part of this loss takes place in the saw mills.

Constipation causes and seriously aggra-vates many diseases. It is thoroughly cured by Dr. Pierce's Pellets. Tiny sugar-coated granules. London motor 'bus drivers are fined

for being ahead of time, but rarely for

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflamma-tion, allays pain, cures wind colic, 25ca bottle.

### Farmers Will Organize.

The farmer has not heretofore organ-The farmer has not heretofore organized, as has every other industry in the country, for his own defense, But if, by any act, either legislative or boycotting, he finds that he will not be treated squarely, you will certainly hear from him. He is able to organize his forces into one of the most formidable bodies in this country. His der without volition in a weird word and come back with a tantalizing and fleeting recollection of fantastic persons and impossible situations. The metaphysical mystery of this sort of ganization. When that has been accomplished he will meet you in the complished he will meet you will give renewed and complete you will give renewed and you will give renewed work in that direction is already under way. By your action in boycotting certain that the fruits gathered in boycotting business, and when the far-these sunless excursions are of doubtthese sunless excursions are of doubt-ful flavor and quickly perishable. For-tunately, we are capable of dreams which are not pillow-dreams—dreams which are best dreamed when the

### The Flowing Tide,

If the Democrats carry the house in 1910, they will carry the Presidency in 1912. Let there be no mistake about that. A current which would submission, compelling them to as about that. A current which would sume a useful steadiness like that of, give the Democrats the house this year would have enough force left to give them the Presidency two years hence. If the Democrats win the house in the approaching campaign, there will be a scramble for the Democratic Presidential candidacy in 1912 such as has not been seen in many a more illustrated. A crowd in an ele-vated train in New York on a recent prised when the notification comes to Sunday afternoon was suddenly con-fronted by what appeared to be a that year to pack his "grip" and vacate

### Optimism.

"Do not go to Honolulu," the stay at-home man remarked to the emi-grant. "You'll never be able to work there. The temperature is frequently 100 in the shade." But the emigrant had already bought his ticket and was determined to make the best of it. He answered, hopefully: "Well, I'll not be working in the shade

# Day After Day

One will find



Family size 15c.

a constant delight.

The food is crisp and wholesome and so dainty and tempting, that it appeals to the appetite all the time-morning, noon and

Some folks have pronounced Post Toasties the choicest flavoured bits of cereal food ever produced.

# "The Memory Lingers"

Postum Cereal Co., Ltd., Battle Creek, Mich., U. S. A.

CREEP FOR THE LAMBS. To hasten growth, lambs must have bran, oats and maybe a very little corn in addition to their mother's milk. This extra feed may be given in a small pen or room adjacent to the general feed lot and connected with it by means of a creep or opening large enough for the lamb but not large enough for a mature sheep. The feed for the lambs must be placed in a trough covered to keep out rain in an open lot to prevent the lambs getting into it and soiling the feed .- Farmers' Home Journal.

STOPPAGE OF THE TEAT.

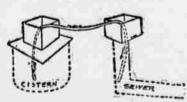
Dr. David Roberts, Wisconsin State Veterinarian, says that a very common trouble in the ordinary dairy is to find an animal with the point of the teat closed, either due to a bruise of the teat itself or to infection of the milk duct which causes a little scab to form over the point of the teat and unless this is properly handled with care and cleanliness, the infection is apt to cause a loss of the entire quarter.

The proper manner in which to handle and treat such cases is to thoroughly wash the teat in an antiseptic solution, then dip a teat plug into a healing ointment and insert it into the point of the teat, allowing same to remain from one milking to another. In this manner closure of the point of the teats can be overcome in a very simple and satisfactory way.

Never use a milking tube if it can be possibly avoided, as there is much danger of infecting the entire quarter by the use of the tube.

### TO DRAIN A CISTERN.

Here is a plan for draining a cistern; is by the siphon principle, and is very quick and easy when under-It can be used in any yard that has sewerage and an outside slop sink. The way to start the flow is to take a rubber hose, fill with water, thus exhausting the air out of it; then while one person drops the lower end into the vault, another person inserts



the intaking end into a full bucket of water and quickly lowers bucket and all into the cistern. The only thing else necessary is to have the outlet of the hose lower than the inlet. The flow thus started will continue until the cistern is entirely drained. I hope I have made it plain enough to understand .- Mrs. Warren Edrington, Turner's Station, Ky., in The Epitomist.

### THE PROBLEM OF DRAINAGE.

It is absolutely necessary that your country property be capable of good drainage, and it is equally necessary that it gets such drainage. This does not always demand a hillside, or even much of a slope, but for health and for tillage alike it is an absolute requisite; without health you had far better be in the city. There are lobecome undesir able because they take the wash of neighbors' drains. The law will bardly protect you in such a case, and if it does, lawing is the last thing that you wish to engage in. I would make sure not to buy my way into a quarrel.

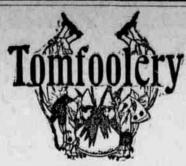
Involved in this drainage problem is, once more, that of soil wash. Many of our hillsides are being denuded of all valuable dirt, and fertilizers are swept away as fast as they are applied. Look out for this of course, in your purchasing; that is, select your property with a clear vision and a certain knowledge as to its being easily drained, and not too easily washed. In future articles this subject will come up for careful discussion.-E. P. Powell, in Outing.

### PIG PASTURE.

Hogs now command such good prices and indications are that they will command high prices for a long time, if not indefinitely, that it pays to keep several breed sows and raise all the hogs that the farm will conveniently accommodate. Says a

writer in Journal of Agriculture: Hogs are high in price, but feeds, too, are high, and are likely to remain so, hence the feed supply in growing hogs, or any other animals. is a problem which must interest all farmers. There is profit on finishing eight-cent hogs on sixty-cent corn, yet the margin of profit is not very large, unless the hogs during their

earlier period were grown on some forage and cheaper feeds than grain. Every farmer who makes much money on hogs must have a permanent sow and pig pasture, and also utilize temporary pastures at different seasons for his swine. The permanent pig pasture is a necessity, and the better it is made the more clear profits there will be in growing them. On the 80-acre farm five or more acres may profitably be set aside for permanent sow and pig pasture, and this area should be divided into at least two nearly equal areas for the health of the swine and the goed of the grasses grown for pasturage. The larger the number of swine kept, of course the greater the area must be used for pasture.



ROUTINE.

One way to cope with trouble
That is great beyond a doubt
Is to merely keep it moving
Till at last you wear it out.
Put a grievance into writing
And, whether right or wrong.
Mark it "referred to So-and-so"
And pass the thing along.

Twill wander hunting desk room
Through corridors of time
Till it's pale and thin and dusty
And entirely past its prime.
Some rubber stamps make ready
With letters big and strong
And send the bother on its way—
Keep passing it along.
—Washington Star.

YOU NEVER CAN TELL.

"Papa, why is it that the deaths of celebrated people are always put in the papers and never the births?"-

### A ROAST.

"It takes Freddie so long to make up his mind?"

"Why should it? He has almost no material to work on."-Cleveland

FOLLOWING INSTRUCTIONS. Mabel-"Granny, Teddy's eaten my

Teddy-"Well, Granny, didn't you tell me always to take Mabel's part?" -Ally Sloper.

ACTUALLY HAPPENED. "I suppose you have heard the old

joke about taking a sea-going cab?" "Yes; but it isn't a joke in somt places. I used one in Venice."-Louisville Courier-Journal.

### AN OLD QUESTION.

"I'll leave it to you," declared Eve. "What's the question?" inquired Adam.

"Shall we clean house or dig a new cave?"-Louisville Courier-Journal.

INCOMPLETE INFORMATION.



"We are now exactly a thousand feet above the level of the sea.' 'What sen?'

"The guide book doesn't say."-From Bon Vivant.

### LIKE DADDY.

-ron must go to school, child, and learn to be intelligent and indus-

"Don't want to be intelligent and industrious. I want to be like daddy." -Bon Vivant.

# MARK'S LITTLE DATE.

Teacher-"Now, Willie, tell us one of the principal events in Roman history, and mention the date."

Willie-"Mark Antony went to Egypt 'cos he had a date with Cleopatra."-Harper's Bazar.

### A DILEMMA.

"A pessimist never seems to have a good time?'

'How can he? All the comfort he can possibly get out of life is hoping that his opinions are entirely erroneous."-Washington Star.

WANT NO DAMAGED HEART. Kate-"So Maude broke her engagement with Jack because the doctor said he had a tobacco heart.' Belle-"Yes, and I don't blame her. Who wants a husband that's damaged

DIDN'T FOLLOW DIRECTIONS. "Buttin seems rather sore on you. old man."

by smoke?"-Boston Transcript.

"Yes, he annoyed me yesterday and I told him to go and take a back

"And he took affront, eh?"-Boston Transcript.

### AFTER THE LEAP.

"This," remarked the newly arrived spirit, looking around with strong disapproval, "is absolutely the jumping-off place!"

"No, it isn't exactly that," said Pluto, with a gleaming smile. "This is where you landed."-Chicago Tri-

### A PRETTY COMPARISON.

Daughter-"But I don't intend to marry yet; I want to study." Mother-"Absurd! The men will only think less of you in the end if you know much."

Daughter-"Oh, now, mamma! you always expect other men to be like papa."-Beston Transcript.

### THE BOSS OF THE PLACE.

"Yes," said the determined man, "when that waiter resented the smallness of my tip I took the case to the proprietor of the restaurant."

And what did the proprietor do?" "He gave the waiter some money out of his own pocket and apologized to him for having such a customer.' -Washington Star,

# Dtop

This Fact — that in addressing Mrs. Pinkham you are confiding your private ills to a woman -a woman whose perience with women's diseases covers twenty-five years.

The present Mrs. Pinkham, daughter-in-law of Lydia E. Pinkham, was for years under her direction, and has ever since her decease continued to advise women.

Many women suffer in silence and drift along from bad to worse, knowing well that they ought to have immediate assistance, but a natural modesty causes them to shrink from exposing themselves to the questions and probable examinations of even their family physician. Such questioning and examination is unnecessary. Without cost you can consult a woman whose knowledge from actual experience is great.

### MRS. PINKHAM'S STANDING INVITATION:

Women suffering from any form of female weakness are invited to promptly communicate with Mrs. Pinkham at Lynn. Mass. All letters are received, opened, read and answered by women. A woman can freely talk of her private illness to a woman; thus has been established this confidence between Mrs. Pinkham and the women of America which has never been broken. Never has she published a testimonial or used a letter without the written consent of the writer, and never has the company allowed these confidential letters to get out of their possession, as the hundreds of thousands of them in their files will attest.

Out of the vast volume of experience which Mrs. Pinkham has to draw from, it is more than possible that she has gained the very knowledge needed in your case. She asks nothing in return except your good will, and her advice has helped thousands. Surely any woman, rich or poor, should be glad to take advantage of this generous offer of assistance. Address Mrs. Pinkham, care of Lydia E. Pinkham Medicine Co., Lynn, Mass.

### Young Love.

"You're buying cheroots since you've married. Beginning to econo-

"No; my wife likes for me to leave the long butts. She loops 'em with ribbons and hangs 'em about the flat."—Louisville Courier-Journal.

### REST AND PEACE

### Fall Upon Distracted Households When Cuticura Enters.

Sleep for skin tortured babies and rest for tired, fretted mothers is found in a hot bath with Cutieura Soap and a gentle anointing with Cuticura Ointment. This treatment, in the majority of cases, affords immediate relief In the most distressing forms of itching, burning, scaly, and crusted huirritations, and chafings, of infancy and childhood, permits rest and sleep to have attained in the state of the same attained to the childhood, permits rest and sleep to both parent and child, and points to a speedy cure, when other remedies fail. Worn-out and worried parents will find this pure, sweet and economical treatment realizes their highest expectations, and may be applied to the youngest infants as well as children of all ages. The Cuticura Remedies are sold by druggists everywhere. Send to Potter Drug & Chem. Corp., sole proprietors, Boston, Mass., for their free 32-page Cuticura Book on the care and treatment of skin and scalp of infants, children and adults.

### No Use.

"Runaway match, wasn't it?"

The first company in the world to undertake the production of radium in a commercial way is building a labor atory at London.

Rev. W. W. Wingfield, vicar of Gulval, will celebrate his ninety-sixth birthday this week.



You cannot afford to be without it.

IT'S FREE FOR THE ASKING.

Other Publications descriptive of and illustrating each section will be included for the cost of mailing.

LET US KNOW YOUR WANTS TOOMY.

ADDRESS RURAL BEFT..

NORTH STATION, BOSTOM.

C. M. BURT, G.P.A.

# Cures The OLD SORES That Other Remedies Won't Cure

The worst cases, no matter of how long standing, are absolutely cured by

Dr.Porter's Antiseptic Healing Oil Discovered by an Old Railroad Surgeon. All Druggists positively refund money if

it fails to cure. 25c, 50c & \$1.00

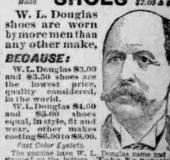
Made by

Laxative Bromo Quinine

"I find Cascarets so good that I would not be without them. I was troubled a great deal with torpid liver and headach. Now since taking Cascarets Candy Cathan "Yep. But the poor fellow couldn't tic I feel very much better. I shall contain the first company in the world to The first company in the wor

Pleasant, Palatable, Potent, Taste Good, Do Good, Never Sicken, Weaken or Gripa, 10c, 25c, 30c, Nover sold in bulk. The gen-ine tablet stamped C C C. Guaranteed cure or your money back.

W. L. DOUGLAS \$3.00,\$3.50,\$4.00&\$5.09 Made SHOES \$2.00 a \$2.00



WANTED SECOND-HAND BAGS AND BUT LAP; any kind, any quanting anywhole. Write for prices, RICHMONE BAG CO., INC., Richmond, Va.

P. N. U. 17, 1910.

tramicted Thompson's Eye Water