

## RHEUMATISM AND NEURALGIA



# ST. JACOBS OIL

The Proved Remedy For Over 50 Years.  
Price 25c and 50c

**Afraid of the Smell.**  
Bill—Although birds are credited with a sense of smell, an English expert finds turkeys indifferent to all odors.

**Ill—Well, I don't know; I've seen turkey trying to get a long distance away when a motor car was in the vicinity.**—Yonkers Statesman.

**Momentary Release.**  
"Mr. Spotsch," said the reformed sport, "we want to buy a thousand cruizers for the waifs' picnic. Can you give us something?"  
"Yes," answered the merchant. "Here's 45c."

"Thanks, Mr. Spotsch. I told the boys by George, it was dollars to dough nuts you'd cough up liberal!"

## WEIGHT AND HEALTH

### THIN, NERVOUS PEOPLE NEED THE TONIC TREATMENT.

**This Woman Took Dr. Williams' Pink Pills, Gained Thirty Pounds and Has Been Well Ever Since.**

How many women—and men too—are suffering from a general decline in health which the ordinary remedies seem unable to check? How many lunatics see their wives wasting away, steadily losing health and beauty, and are powerless to help? Consumption and other germ diseases find in these debilitated systems easy prey, for the lowered vitality is unequal to the task of fighting off the infection of these diseases to which most of us are almost daily exposed.

The symptoms indicating the decline which may have results so fatal could scarcely be better described than in the statement of Mrs. William Manley, of 92 Court street, Utica, N. Y. Her case is a typical one. She says:

"For six months after the birth of my baby, I suffered from sick, dizzy headaches, which seemed like a rush of blood to my forehead, just back of my eyes. Some days they twitched so I could hardly see and black spots floated before them. The least exertion brought on this sickness. My appetite was poor and I was often sick to my stomach."

"If I tried to work my feet soon became swollen, paining me terribly. I had stinking spells and grew pale and nervous. I was so thin that I weighed only 95 pounds."

"One day when at the drug store to get headache powders I decided to try Dr. Williams' Pink Pills instead. I soon noticed that my headache was disappearing and my nerves gradually grew stronger. The pills gave me a hearty appetite and I now weigh over 130 pounds. I believe the pills to be the best tonic and builder a woman can take, as they certainly helped me when my condition was critical and I have never been seriously ill since."

The great value of Dr. Williams' Pink Pills lies in the fact that they actually make new blood and this carries health and strength to every portion of the body. The stomach is toned up, the nerves are strengthened, every organ is stimulated to do its work.

If you are ill and the treatment you are taking does not cure you, write for proof of what Dr. Williams' Pink Pills have done in similar cases.

Your druggist sells them or they will be sent by mail, postpaid, on receipt of price, 50 cents per box, six boxes for \$2.50, by the Dr. Williams Medicine Co., Schenectady, N. Y.

## Nothing Too Good For the American People

There is **NOTHING TOO GOOD** for the American people—that's why we started to make Cascarets Candy Cathartic. The first box made its appearance in 1896, and the enthusiastic endorsement of the people has been bestowed upon Cascarets ever since.

The sale today is at the rate of **OVER A MILLION BOXES A MONTH**, proving that the American people recognize, that what is **BEST FOR THEM** is none too good.

**Why this enormous patronage?**  
The answer is simple: Cascarets are pure, clean, sweet, mild, fragrant, harmless but effective little tablets for the treatment and cure of Constipation and all Bowel Troubles. They are put up in neat little enamel boxes, easy to buy, easy to carry (in vest-pocket or purse), easy to take and easy of action, always reliable, always the same, they "work while you sleep" and wake you up feeling fine in the morning.

They not only regulate the movement and stimulate the muscular walls of the bowels, but they keep the **ENTIRE CANAL CLEAN** and antiseptic, forcing out and destroying all disease germs that breed in the accumulated filth unless promptly and regularly discharged. Therefore, they are a great preventive of disease, and may be taken continuously as a precautionary measure.

The new Pure Drugs Act, adopted by Congress on June 30, 1906, and in effect January 1, 1907, is a **GOOD LAW** and means better and **PURER** drugs for the American People. We endorse it and will live up to it in **SPIRIT AND LETTER**—an easy task, as we have always been actuated by the same principles and no changes are required in our formula or packaging.

We adopted **OUR OWN PURE DRUG LAW** in 1896 when the first box of Cascarets came on the market and have lived and worked and produced under it ever since.

To-day, after a record of nearly 100,000,000 boxes sold, Cascarets **STAND** the greater in **PURITY, QUALITY AND MEDICINAL MERIT** than any other preparation for Bowel trouble in all the world.

This should be a great argument for any one, to try Cascarets **AT ONCE**, and be healthier and happier for it. Some people have **CHRONIC CONSTIPATION** with all the horrors derived from it; others have **HABITUAL CONSTIPATION** from carelessness and neglect, but nearly **EVERYBODY** has **OCCASIONAL CONSTIPATION**, which, if not promptly taken care of is liable to result in its degeneration into the worse forms and cause great suffering and perhaps death.

Cascarets, if taken promptly and regularly, will remedy all of these awful troubles, but if taken promptly at the very first sign of an irregularity of the Bowels, will act as the **FINEST PREVENTIVE** ever discovered and will keep all the machinery running in good order.

We advise you to get a little 10c box of Cascarets **TO-DAY** and carry it in your purse or vest pocket. Take one when you feel anything unusual about your bowels. Your own druggist will sell you the little box, under **GUARANTY** of satisfaction or money refunded. All druggists, 10c, 25c, 50c.

**No other man of foreign birth ever showed such fine command of the English language or used it so felicitously.** A man who objected strongly to his politics but admired his talents as a writer once said: "I wish Mr. Schurz couldn't write so well; I could hate him better." In 1877 Carl Schurz visited Boston to make a speech against Benjamin F. Butler, who was running for Governor of Massachusetts. While arguing on the question of the resumption of specie payments, an issue that was paramount at that time, Mr. Schurz likened "infatuation" to a balloon filled that had carried the American nation off its feet. At that time he made use of the following expression, which brought the immense audience that greeted him to its feet: "We have placed our feet on solid ground again and we propose to keep them there."

**A MISSOURI WOMAN**  
Tells a Story of Awful Suffering and Wonderful Relief.

Mrs. J. D. Johnson, of 803 West Hickman St., Columbia, Mo., says: "Following an operation two years ago, dropsy set in, and my left side was so swollen the doctor said he would have to tap out the water. There was constant pain and a gurgling sensation around my heart, and I could not raise my arm above my head. The kidney action was disordered and passages of the secretions too frequent. On the advice of my husband I began using Donnan's Kidney Pills. Since using two boxes my trouble has not reappeared. This is wonderful, after suffering two years." Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

**Protection of American Birds.**  
The movement for the protection of birds in America has long since assumed formidable proportions, says American Homes and Gardens. Much of the credit for the work accomplished is due to the Audubon societies, which exist in thirty-five States, and which for a number of years have carried on an active work for the conserving of bird life. The results accomplished are considerable. A "model law" drawn up by the American Ornithologists' union is now in force in thirty States and the District of Columbia. The Lacey law excludes from interstate commerce all birds killed illegally in any State, and makes those legitimately killed subject to the law of the State in which they are bought. Laws prohibiting the sale of game out of season, even when killed in season, look toward the same end of conserving bird life. Public attention has been aroused on the subject, and even the manufacturer of air rifles no longer calls attention to the fact that they will kill small game within short distances. Absolute protection has not yet been given the birds everywhere, but a great and important work has been well begun and is being carried forward.

**Honesty Explained.**  
"I returned a dollar that the cashier gave me by mistake to-day."  
"No mistake. He tried to work that counterfeit off on me, too."

**SKIN SORE EIGHT YEARS.**  
Spent \$300 on Doctors and Remedies but Got No Relief—Cuticura Cures in a Week.

"Upon the heels and between the toes my skin was rough and sore, and also sore under the arms, and I had to stay at home several times because of this affection. Up to a week or so ago I had tried many other remedies and several doctors, and spent about three hundred dollars, without any success, but this is to-day the seventh day that I have been using the Cuticura Remedies (costing a dollar and a half), which have cured me completely, so that I can again attend to my business. I went to work again to-night. I had been suffering for eight years and have now been cured by the Cuticura Remedies within a week. Fritz Hirschblatt, 24 Columbus avenue, New York, N. Y., March 29 and April 6, 1906."



low the tomatoes and later wheat or some other grain crop with grass and clover. Many farmers expect to get good tomatoes upon this, sour land Blight and disease in unfavorable seasons are always rampant upon such land and the grower becomes discouraged and is convinced that his soil is unsuitable for the crop when, in reality, the failure is due to a condition readily rectified by the application of lime and manure.

**Labor Saving in Crop Growing.**  
At the meeting of the National Association of Agricultural Implement and Vehicle Manufacturers, the statement was made that in 1890 more than three hours of labor were required in growing a bushel of wheat, but that in 1896 the labor required amounted to less than ten minutes; that a bushel of corn represented four and one-half hours' work in 1850, and forty minutes' work in 1904. Modern machinery plants and harvests crops at a cost of one-half what was paid fifty years ago, though the men who operate the machines receive double the wages. American machinery is being introduced into the Philippines and is a continual wonder to the natives. Last year a steam rice thresher was imported. The natives who used the thresher got so much more grain than those who did not use it that many of them conceived the idea that rice was hidden inside of the separator, and allowed to flow from the spout of the machine.

**The Logan Berry.**  
This hybrid berry, originated some years ago in California, bids fair to displace in the markets of the Pacific coast the old Lawton blackberry, and to some extent the red raspberry. The hybrid is a cross between the two, and combines the good qualities of both. It is very popular with housewives, the vines are enormously prolific and propagate readily, and the cultivation on an extensive scale for the markets of the Pacific northwest is planned. This berry shows a wonderful evolution in the fruit industry within a few years. While the strawberry has no rival as an uncooked table berry, an abundance of logan berries would make it possible to do without blackberries and raspberries—even including the wild blackberry—without missing their savor. The development of this berry and the rapidity with which it has come into market would be phenomenal had not the experiment of Luther Burbank in the plant world during the last ten years have made anything possible in this line.—Oregonian.

**Early Green Foods for Live Stock.**  
Corn is an excellent fodder crop, but the best fodder crop is that consisting of small, tender stalks, which are usually juicy and succulent. In order to add to the quality the fodder should be sown thickly in rows, and cut when quite green. Some prefer to cut corn fodder when the corn is in tassel, and others at the time the young corn begins to fill out, when it is cured, stored and fed, after being cut into small lengths. It is suggested, however, that corn can be cut when about three feet high and tied in bundles. The advantage of this method is that two crops may be sown the same season, and if properly cured and stored it does not crumble so readily. It is an excellent, clean fodder for horses, and may be fed in the bundle, or cut into short lengths. Peas answer best early in the season, and are suitable for cattle and sheep. They are usually sown with oats and fed directly from the field to the stock, in the yards, under the soiling method. Such a crop may be fed and gotten out of the way for a late corn fodder crop, or for turnips. In attempting to grow two crops on the same location, however, the land must be manured heavily, or it will be injured, though the exhaustion will not be so great as when such crops are allowed to mature and produce seeds.

**Fertilizers for Potatoes.**  
Potash is the principal plant food preferred by the potato crop, and phosphoric acid is likewise an indispensable necessity, that is, so far as tubers are concerned. But the tops are also to be made, for without good growth or vine the difficulty of producing a large yield of tubers will be greatly increased, potash existing largely in the vines. The manure, as stated, should be well rotted, as in that condition it becomes more available as plant food. Fresh manure, as all should know, interferes with the keeping qualities of the tubers, engendering disease and decay; not only while they are in the ground and growing, but also after being harvested and stored away. Chemical fertilizers are better for potatoes than for any other crop, as such fertilizers are surer and cheaper in the end, and conduce to better quality of tubers. For an acre of potatoes, a fair proportion will be about 75 pounds nitrate of soda, 200 pounds muriate of potash and 200 pounds superphosphate, but these proportions must be varied to suit the soil. If the soil is fertile less quantities will suffice, and in other cases the nitrate may be increased if preferred. This fertilizer may be broadcasted on the surface, and after the land has been made ready, and after the potatoes have been covered up. Then go over all with a light harrow, and before the young plants are very high a healthy appearance will denote the telling effects of the fertilizer, though the use of fertilizer in the hills or rows is preferred by some. Before planting the tubers, cut and roll them in plaster. Cut a week before planting and they will sprout the sooner for it. In using paris green for the bugs let it be mixed with plaster. Wood ashes may also be used liberally on potatoes, broadcasted on the surface. Keep down the grass and weeds, as they rob the potatoes of moisture at all times. Give plenty of room to each plant in which to grow, and keep the cultivator busy.

**Iowa's Dairy Interests.**  
According to the twelfth annual report of the Iowa State Dairy Commissioner, H. R. Wright, Iowa shipped out of the State in 1905, using round numbers, 91,000,000 pounds of butter, and in 1906, 98,185,000 pounds. In 1906 Woodbury County shipped the largest number of pounds, amounting to 6,342,000 pounds. The county that shipped the second largest amount was Polk County, viz., 5,118,000 pounds. During the last seven years there has been a gradual increase in the number of pounds of butter shipped out of the State. In 1900 shipments amounted to 71,719,000 pounds, and in 1905 to 98,185,000 pounds. From the standpoint of butter shipments, therefore, the State of Iowa is growing.

In 1905, 48,139 hand separators were used in the State of Iowa, while in 1906, 58,850 were in use. In 1905, 82,708,000 pounds of butter were made in the State of Iowa as compared with 91,220,000 pounds in 1906. In the same manner the number of creamery patrons has increased from 85,000 in 1905 to 91,867 in 1906.

**Sells for Tomato Raising.**  
Almost any soil from sand to clay will produce good crops of tomatoes, says a Maryland bulletin, but here again extremes should be avoided and except under special conditions, such as where very early markets are to be supplied, it will be better to avoid the very light sandy soils. The soil must be in a good state of cultivation. Manures, fertilizers, lime, and the growing of clover or other legumes all help to bring about this condition. If a sod field is to be used, plow in the late fall or early spring and replot, cutting but a shallow furrow, in time to prepare for planting.

Do not plant tomatoes on a piece of land which has had corn upon it the previous year, but rather let corn fol-

**The Christian Sunday.**  
The keeping of Sunday, the first day of the week, as a sacred day in memory of the resurrection and of the descent of the Holy Ghost dates from the beginning of Christianity. It was called the Lords day in all the churches, but gradually acquired the name of Sunday from the Romans, who called the first day of the week dies solis, or day sacred to the sun. The first official recognition of Sunday as a holy day is in an edict of the Roman Emperor Constantine in 321 ordering that all work should cease in the cities "on the venerable Sunday," but permitting necessary farm work to be attended to.—St. Louis Republic.

**Splendid April Tonic.**  
This is known as "Blood-Cleaning Time," especially among the older folks, who always take something during this month to clean the blood of impurities and build it up.

The following is the recipe as given by a well-known authority, and any one can prepare it at home:

Fluid Extract Dandelion, one-half ounce, Compound Kargon one ounce, Compound Syrup Sarsaparilla three ounces.

Get these simple ingredients from any good pharmacy and mix by shaking well in a bottle. The dose is one teaspoonful after meals and at bedtime.

Everybody should take something to help the blood, which becomes impoverished and almost sour after the winter season, especially those who are subject to Rheumatism, Catarrh, Kidney and Bladder trouble.

It is said that one week's use of this mixture will clear the skin of sores, pimples or boils.

This is sound, healthy advice, which will be appreciated by many readers.

**The Useful Earthworm.**  
Darwin estimates that there are 100,000 earthworms quietly at work for the advantage of the upper six feet of every acre. They continually turn over the soil and drag down leaves and grass, and thus they loosen the soil and fertilize the ground, so that necessary air can reach the roots that spread and grow.

**Deafness Cannot be Cured**  
by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever; since cases out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surfaces.

We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by Hall's Catarrh Cure. Send for catalog, free.

J. J. CHENEY & CO., Toledo, O.  
Sold by Druggists, The  
Take Hall's Family Pills for constipation.

Greenland has about 12,000 inhabitants. The largest two villages have only 382 and 333 inhabitants.

For constipation, biliousness, liver disturbances and diseases resulting from impure blood, take Nature's remedy, Gardol Tea. It is made wholly of health-giving Herbs.

**CASTORIA**  
For Infants and Children.  
The Kind You Have Always Bought

Bears the Signature of *Dr. J. C. Watson*

In England ninety-nine towns own their own gas works, the average net income being \$1,947,125 per annum.

Mrs. Watson's Secret Recipe for Children's Coughs, Croup, Whooping Cough, Sore Throat, Hoarseness, and all other ailments of the throat and chest.

Served it on Her, Anyway.  
Mistress (indisposed)—What is it you wish to say to me, Bridget? I am too ill to sit up.  
Domestic—Well, mum, you can take no notice without sittin' up. I have ye aizin' Sath'day, mum.

## THE CHANGE OF LIFE

### Sensible Advice to Women from Mrs. Henry Lee, Mrs. Fred Certia and Mrs. Pinkham.



Owing to modern methods of living not one woman in a thousand approaches this perfectly natural change without experiencing a train of very annoying and sometimes painful symptoms.

This is the most critical period of her whole existence and every woman who neglects the care of her health at this time invites disease and pain.

When her system is in a degraded condition or she is predisposed to apoplexy or congestion of any organ, the tendency is at this period likely to become active and with a host of nervous irritations make life a burden. At this time also cancers and tumors are more liable to form and begin their destructive work.

Such warning symptoms as sense of suffocation, hot flashes, headaches, backaches, melancholia, dread of impending evil, palpitation of the heart, irregularities, constipation and dizziness are promptly heeded by intelligent women who are approaching the period of life when this great change may be expected.

Mrs. Fred Certia, 1014 So. Lafayette Street, So. Bend, Ind., writes:

Dear Mrs. Pinkham:—  
"Lydia E. Pinkham's Vegetable Compound is the ideal medicine for women who are passing through Change of Life. For several months I suffered from hot flashes, extreme nervousness, headache and sleeplessness. I had no appetite and could not sleep. I had made up my mind there was no help for me until I began to use Lydia E. Pinkham's Vegetable Compound, my best symptoms ceased, and it brought me safely through the danger period, but up my system and I am in excellent health. I consider Lydia E. Pinkham's Vegetable Compound unsurpassed for women during this trying period of life."

Mrs. Henry Lee, 60 Winter Street, New Haven, Conn., writes:

Dear Mrs. Pinkham:—  
"After suffering untold misery for three years during Change of Life, I began to use Lydia E. Pinkham's Vegetable Compound. I wrote you of my condition, and began to take Lydia E. Pinkham's Vegetable Compound and followed your advice, and today I am well and happy. I can now walk anywhere and work as well as anyone, and for years previous I had tried but could not get around without help. I consider your medicine a sovereign balm for suffering women."

Women passing through this critical period should rely upon Lydia E. Pinkham's Vegetable Compound. If there is anything about your case which you don't understand write to Mrs. Pinkham, Lynn, Mass., for advice. It is free and has gained thousands of health.

When a medicine has been successful in restoring to health actually thousands of women, you cannot well say without trying it, "I do not believe it will help me." It is your duty to yourself and family to use Lydia E. Pinkham's Vegetable Compound.

**W. L. DOUGLAS**  
\$3.00 AND \$3.50 SHOES  
W. L. DOUGLAS \$4.00 GILT EDGE SHOES CANNOT BE EQUALLED AT ANY PRICE.  
SHOES FOR EVERYBODY AT ALL PRICES!  
Men's shoes, \$3 to \$1.50. Boys' shoes, \$2 to \$1.25. Women's shoes, \$4 to \$1.50. Misses & Children's shoes, \$2.25 to \$1.00.  
W. L. Douglas shoes are recognized by experts judges of footwear to be the best in style, fit and wear produced in this country. Each part of the shoe and every detail of the making is looked after and watched over by skilled shoemakers, without regard to so time or cost. 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 why they hold their shape, fit better, wear longer, and are of greater value than any other makes.

W. L. Douglas name and logo is stamped on the bottom, which protects the owner against cheap imitations. Each shoe has a small card in the box with the name of the shoe and the name of the shoe maker.

Put Order Specifics send no money. Catalog mailed free. W. L. Douglas, Brockton, Mass.

**R. E. PARKS' EXCHANGE LIST**  
No. 3, NW 1/4 7-19-58 and NE 1/4 12-19-59. All under fence; 100 acres under cultivation; good wind mill and well. Four miles west from town on the M. & St. L. extension west from Watertown. Price \$25,000. Will exchange for merchandise. A snap. Come and see it.

**ROSS E. PARKS, Lily, South Dakota:**

**MOTHER GRAY'S SWEET POWDERS FOR CHILDREN.**  
A Certain Cure for Feverishness, Croup, Whooping Cough, Sore Throat, Hoarseness, and all other ailments of the throat and chest.

W. L. DOUGLAS \$4.00 GILT EDGE SHOES CANNOT BE EQUALLED AT ANY PRICE.

Put Order Specifics send no money. Catalog mailed free. W. L. Douglas, Brockton, Mass.

**FREE PAXTINE**  
To convince you of the value of Paxtine, we will send you a box of Paxtine free of charge. It will improve your health, give you energy and vitality, and help you to overcome all your troubles. Write for it today.

W. L. DOUGLAS \$4.00 GILT EDGE SHOES CANNOT BE EQUALLED AT ANY PRICE.

Put Order Specifics send no money. Catalog mailed free. W. L. Douglas, Brockton, Mass.

## The General Condemnation of So-Called Patent or Secret Medicines

of an injurious character, which indulge in extravagant and unfounded pretensions to cure all manner of ills, and the

**National Legislation Enacted to Restrict Their Sale**  
have established more clearly than could have been accomplished in any other way

**The Value and Importance of Ethical Remedies.**  
Remedies which physicians sanction for family use, as they act most beneficially and are gentle yet prompt in effect, and called ethical, because they are of

**Known Excellence and Quality and of Known Component Parts.**  
To gain the full confidence of the Well-Informed of the world and the approval of the most eminent physicians, it is essential that the component parts be known to and approved by them, and, therefore, the California Fig Syrup Company has published for many years past in its advertisements and upon every package a full statement thereof. The perfect purity and uniformity of product which they demand in a laxative remedy of an ethical character are assured by the California Fig Syrup Company's original method of manufacture, known to the Company only.

There are other ethical remedies approved by physicians, but the product of the California Fig Syrup Company possesses the advantage over all other family laxatives that it cleanses, sweetens and relieves the internal organs on which it acts, without disturbing the natural functions or any debilitating after effects and without having to increase the quantity from time to time.

This valuable remedy has been long and favorably known under the name of Syrup of Figs, and has attained to world-wide acceptance as the most excellent of family laxatives, and as its pure laxative principles, obtained from Senna, are well known to physicians and the Well-Informed of the world to be the best of natural laxatives, we have adopted the more elaborate name of Syrup of Figs and Elixir of Senna, as more fully descriptive of the remedy, but doubtlessly it will always be called for by the shorter name of the Company—California Fig Syrup Co.—plainly printed on the front of every package, whether you simply call for Syrup of Figs, or by the full name, Syrup of Figs and Elixir of Senna, as Syrup of Figs and Elixir of Senna is the one laxative remedy manufactured by the California Fig Syrup Company, and the same heretofore known by the name, Syrup of Figs, which has given satisfaction to millions. The genuine is for sale by all leading druggists throughout the United States in original packages of one size only, the regular price of which is fifty cents per bottle.

Every bottle is sold under the general guarantee of the Company, filed with the Secretary of Agriculture, at Washington, D. C., the remedy is not adulterated or misbranded within the meaning of the Food and Drugs Act June 30th, 1906.

**CALIFORNIA FIG SYRUP CO.**  
San Francisco, Cal.  
Louisville, Ky.  
New York, N. Y.