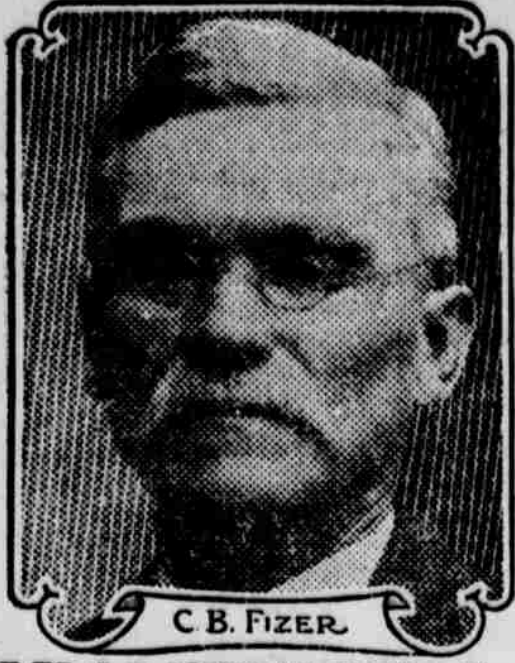


KIDNEY TROUBLE

Suffered Two Years—Relieved In Three Months.



C. B. FIZER.

MR. C. B. FIZER, Mt. Sterling, Ky., writes:

"I have suffered with kidney and bladder trouble for ten years past.

"Last March I commenced using Peruna and continued for three months. I have not used it since, nor have I felt a pain.

"I believe that I am well and I therefore give my highest commendation to the curative qualities of Peruna."

Per-na For Kidney Trouble.

Mrs. Geo. H. Simser, Grant, Ontario, Can., writes:

"I had not been well for about four years. I had kidney trouble, and, in fact, felt badly nearly all the time.

"This summer I got so very bad I thought I would try Peruna, so I wrote to you and began at once to take Peruna and Manalin.

"I took only two bottles of Peruna and one of Manalin, and now I feel better than I have for some time.

"I feel that Peruna and Manalin cured me and made a different woman of me altogether. I bless the day I picked up the little book and read of your Peruna."

It is the business of the kidneys to remove from the blood all poisonous materials. They must be active all the time, else the system suffers. There are times when they need a little assistance.

Peruna is exactly this sort of a remedy. It has saved many people from disaster by rendering the kidneys service at a time when they were not able to bear their own burdens.

PAUL HAD HIS OWN IDEA.

Father's Explanation of Lightning Not Satisfactory to Him.

Little Paul was four years old when the western city in which he lived was swept one night by a terrible storm. Wind, thunder and lightning played havoc, and, while other members of the family were huddled in dark corners, Paul watched the illumination of the sky with great delight. The next morning at breakfast he asked his father what caused the streaks of fire across the sky, and his father, with great pains, essayed to explain. Paul listened attentively and apparently accepted what was told him, but when he found attention diverted from himself, he leaned over to his aunt, who sat beside him, and whispered:

"It wasn't that, auntie. It was God scratching matches on the sky."

BABY'S ECZEMA GREW WORSE.

Hospitals and Doctors Could Not Relieve Him—But Cuticura Remedies a Speedy, Permanent Cure.

"Eczema appeared when our baby was three months old. We applied to several doctors and hospitals, each of which gave us something different every time, but nothing brought relief. At last, one of our friends recommended to us Cuticura Soap and Cuticura Ointment. A few days afterwards improvement could be noted. Since then we have used nothing but Cuticura Soap and Cuticura Ointment, and now the baby is six months old and is quite cured. All that we used was one cake of Cuticura Soap and two boxes Cuticura Ointment, costing in all \$1.25. C. F. Kara, 343 East 65th Street, New York, March 30, 1906."

The Reason.

Shea—How long have you been sick?

Ryan—Five days.

Shea—Glory be! An' why don't ye get a doctor?

Ryan—Shure, I got to go to wur-ruk Monday mornin'.—Puck.

Spring always brings into special favor Nature's blood purifier, Garfield Tea. It is made wholly of clean, sweet Herbs. It purifies the blood, cleanses the system, clears the complexion, eradicates disease and promotes Good Health. For young and old.

Fez Marks Tombs of Great.

In Turkey the tombstones of the faithful, where the departed is a man of eminence, are capped with the fez carved in marble.

Ladies Can Wear Shoes

One size smaller after using Allen's Foot-Ease. A certain cure for swollen, sweating, hot, aching feet. At all Druggists, 25c. Accept no substitute. Trial package FREE. Address A. S. Olmsted, Le Roy, N. Y.

Method will teach you to win time.—Goethe.

THE HOME LAUNDRY

PROPER METHODS FOR DIFFERENT MATERIALS.

Various Ways for Setting Colors That Are to Be Washed—Importance of Proper Starching—To Stiffen Organdies.

When Washing Prints.—Before a new print gets its first tubbing set the colors. The way of doing this depends upon the color. Blues and greens are strengthened by vinegar in the rinsing of bluing water, allowing a tablespoonful of vinegar to every quart of water. Alum water is also efficacious, allowing four ounces alum to a tub of water. For black, black and white, deep purples or grays, salt is best. Dissolve a pint of salt in two quarts of boiling water, put the garment in while hot and let it lie several hours. Then wring dry and proceed as usual. For madder tints, soak in a sugar of lead solution an ounce to a gallon of water. Strong black pepper tea put in the first suds is best for setting some blacks. Where there is any doubt as to the fastness of a color or what will best set it, it is a good plan to wet small pieces with the various solutions and see which proves best adapted to that particular color. When ready to wash the calicoes use clean warm, not hot, suds, rinse thoroughly in two clear waters, wring dry, starch and hang in the shade, but so arrange that they will dry quickly. Never hang a print skirt double over the line. An excellent expedient is to fasten the band over a wooden barrel hoop or hang it from one of the wooden arms made on purpose for hanging skirts. In case of rain leave the calicoes in the second rinsing water with half a pint of salt to each gallon of water. Never sprinkle calicoes until the day they are to be ironed. Sprinkle lightly, but evenly. Thick prints require more water than finer muslins. Roll, tightly wrapping in a clean towel, so that the outside is not dry, and leave for an hour before ironing.

Laundry Lessons.—At the schools where fine laundry work is taught there is no hit-or-miss method in making starch and applying it to a garment. There is an accurate, scientific rule for every step. In starching shirts, for instance, mix three tablespoonfuls of dry starch smooth in cold water, then stir fast into one quart of boiling water. Boil for ten minutes, with constant stirring. While cooking stir also with a sperm candle kept for that purpose. When this is not available a little lard, butter, kerosene or white wax will do. When the starch is cooled down so that the hand can be borne in it dip collars, cuffs and shirt fronts into it, rubbing the starch thoroughly in, clapping it between the hands so that it may be evenly distributed through all the threads. Fold collars and cuffs in a clean towel, spreading out flat. Fold the shirt lengthwise, bring the two sides of the bosom together, with the wristbands put between. This keeps the starch from the rest of the shirt. Then roll very tight, springing a little water on the flaps.

To Stiffen Organdies.—These require a different treatment. The best starch for them is clear, thick gum water. Dip them in wrong side out, rub the gum thoroughly through and squeeze dry, but do not wring. Spread out as much as possible in the hanging, and leave until the surface of the garments feels limply moist. Take down, roll tightly and cover with a clean cloth. Now undo a little at a time and pat and clap between the hands until dry.

How to Clean Swansdown.

First make a warm lather of soap, then gently squeeze the down in this until it is quite clean. Rinse in fresh warm water, with a little blue in it. Afterward shake the water out and hang the swansdown in the air to dry.

Washing Lace Curtains.

After washing lace curtains lay a blanket on the floor in some empty room, spread the curtains on the blanket, stretching them carefully, and they will keep their place without any fastening until dried.

Think Stolen Things Lucky.

The Danes consider that for one fisherman to steal another's landing net is equivalent to stealing his luck. The belief that stolen money is lucky money prevails almost all over Europe.

Baked Bacon.

Cut the bacon in very thin slices, remove every particle of the skin, score each slice two or three times, and lay the slices on a broiler. Place the broiler over a dripping pan and set in the oven until the slices are crisp.

Good Business in Frogskins.

Japanese do a lucrative trade in the exportation of frogskins for purses. The works controlled by a Tokyo merchant have exported as many as 130,000 skins in less than a year.

DOES YOUR BACK ACHE?

Profit by the Experience of One Who Has Found Relief.

James R. Keeler, retired farmer, of Fenner St., Cazenovia, N. Y., says:

"About fifteen years ago I suffered with my back and kidneys. I doctored and used many remedies without getting relief. Beginning with Doan's Kidney Pills, I found relief from the first box, and two boxes restored me to good, sound condition. My wife and many of my friends have used Doan's Kidney Pills with good results and I can earnestly recommend them."

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

Cannon May Break Record.

Of the congressmen who have served since the foundation of this government, more than 12,000 individuals, only 34 have served 20 years or more. The longest service was that of John H. Ketcham, of New York, who served 33 years, and was a member when he died. Mr. Cannon, who comes next, has served 32 years. Since he is elected to the next congress he will, if he lives to the end of his term, take the first place in the list of veterans.—Youth's Companion.

Laundry work at home would be much more satisfactory if the right Starch were used. In order to get the desired stiffness, it is usually necessary to use so much starch that the beauty and fineness of the fabric is hidden behind a paste of varying thickness, which not only destroys the appearance, but also affects the wearing quality of the goods. This trouble can be entirely overcome by using Defiance Starch, as it can be applied much more thickly because of its greater strength than other makes.

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Blind Man Expert Whist Player.

Bert Trim, a blind resident of Woonsocket, R. I., is an expert whist player, being a valued member of a local club. He uses a special pack of cards, on which there are faint imprints sufficient to tell him what they are, but which are far too fine for the ordinary touch. Trim, who has been blind since childhood, is now 30 years old. He plays the piano and cornet in excellent style and is often heard in local entertainments.

Danger in Signals.

"I was playing a game of cards in a mining camp in the Rockies," said the mild-mannered man, "when suddenly my partner, by way of a gentle hint, held up two fingers to indicate that he had a pair. Quick as a flash, one of our opponents whipped out his dirk and slashed off the fingers. 'Awful! Well, it was pretty bad, but wasn't he in luck that he didn't have a full hand?'"

Peat as Inexpensive Fuel.

Lieut. H. Ekelund, of Jonkoping, Sweden, claims to have made an important invention in fuel saving. According to his method, peat is used in the shape of a powder and is said to give sufficient heat to use steel in a furnace without the use of coal.

CHANGE IN FOOD

Works Wonders in Health.

It is worth knowing that a change in food can cure dyspepsia. "I deem it my duty to let you know how Grape-Nuts food has cured me of indigestion."

"I had been troubled with it for years, until last year my doctor recommended Grape-Nuts food to be used every morning. I followed instructions and now I am entirely well."

"The whole family like Grape-Nuts, we use four packages a week. You are welcome to use this testimonial as you see fit."

The reason this lady was helped by the use of Grape-Nuts food, is that it is predigested by natural processes and therefore does not tax the stomach as the food she had been using; it also contains the elements required for building up the nervous system. If that part of the human body is in perfect working order, there can be no dyspepsia, for nervous energy represents the steam that drives the engine.

When the nervous system is run down, the machinery of the body works badly. Grape-Nuts food can be used by small children as well as adults. It is perfectly cooked and ready for instant use.

Read, "The Road to Wellville," in pkgs. "There's a Reason."

Mrs. Winslow's Soothing Syrup.

For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

A quiet wedding is but a curtain raiser for a strenuous afterpart.

Anyone can dye with PUTNAM FADE-LESS DYES; no experience required; success guaranteed.

Speaking of shade trees—most family trees are more or less shady.

Smokers have to call for Lewis' Single Binder cigar to get it. Your dealer or Lewis' Factory, Peoria, Ill.

Don't expect a man to have faith in your judgment if you call him a fool.

Krause's Cold Cure.

For cold in head, throat, chest or back. Best remedy for La Grippe. Druggists, 25c.

Work faithfully, and you will put yourself in possession of a glorious and enlarging happiness.—Ruskin.

The inducements to adopt Nature's perfect Laxative, Garfield Tea, are many! It is made wholly of simple Herbs and is guaranteed under the Pure Food and Drugs Law; it overcomes constipation, regulates the liver and kidneys, purifies the blood and brings Good Health.

Note the Distinction!

A recent London advertisement offered apartments "suitable for a journalist or Christian man."

Important to Mothers.

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

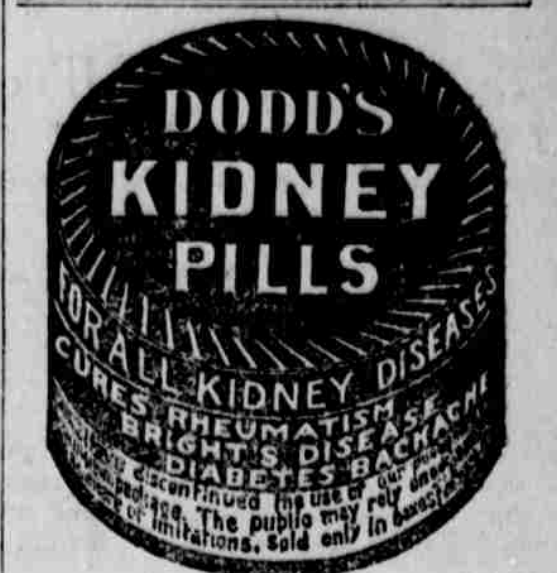
Bears the Signature of *Wm. C. Little*
In Use For Over 30 Years.
The Kind You Have Always Bought.

They Tightened Up.

"I presume that your failure showed you that you had a great many close friends?"

"That's what it did! The closest bunch of friends any man ever had."—Fort Worth Record.

Possessed.
Father—I wonder what's the matter with Nellie this evening? She acts like one possessed.
Sister—She probably is. I noticed a new ring on her finger when she came downstairs.—Illustrated Bits.



SICK HEADACHE

Positively cured by these Little Pills. They also relieve Distress from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Dizziness, Nausea, Drowsiness, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable.

SMALL PILL. SMALL DOSE. SMALL PRICE.

Genuine Must Bear Fac-Simile Signature
Wm. C. Little
REFUSE SUBSTITUTES.

If afflicted with eye troubles, use Thompson's Eye Water

W. N. U., LINCOLN, NO. 20, 1907.

Perfect Womanhood

The greatest menace to woman's permanent happiness in life is the suffering that comes from some derangement of the feminine organs.

Many thousands of women have realized this too late to save their health, barely in time to save their lives.

To be a successful wife, to retain the love and admiration of her husband, should be a woman's constant study.

If a woman finds that her energies are flagging, that she gets easily tired, dark shadows appear under her eyes, she has backache, headache, bearing-down sensations, nervousness, irregularities or the "blues," she should start at once to build up her system by a tonic with specific powers, such as

Lydia E. Pinkham's Vegetable Compound

the great woman's remedy for woman's ills, made only of roots and herbs. It cures Female Complaints, such as Dragging Sensations, Weak Back, Falling and Displacements, Inflammation and Ulceration, and all Organic Diseases, and is invaluable in the Change of Life. It dissolves and Expels Tumors at an early stage. Subdues Faintness, Nervous Prostration, Exhaustion, and strengthens and tones the Stomach. Cures Headache, General Debility, Indigestion, and invigorates the whole female system. It is an excellent remedy for derangements of the Kidneys in either sex.

Here's something new and delicious!

Quaker Wheat Berries

A new way of preparing wheat for food. Choice wheat, puffed and baked; ready-to-serve; crisp and toothsome.

The flavor is in it, not sprayed on it
Takes less cream; tastes better with less
All the strength of whole wheat
Wholesome; the more the better for children

•Ask your grocer for it

Large package 10c

The Quaker Oats Company

CHICAGO

Furnish your table with cups, saucers and plates from the family size package of Quaker Oats.